

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

August 2015 // £3.80

**GET AN
A-LIST
BODY!**

Shape-up tricks
from the stars'
top trainers

STONE EVERY INCH

Shrink your fat zones
& burn 544 calories

DIET ALERT

Reverse your
metabolic clock!

Beat age-related
weight gain for good

DO YOU NEED A VITAMIN BOOST?

Find out with our
symptom checklist

4

MOVES TO
BIKINI ABS

**TURN
STRESS
AROUND!**

How it can make
you smarter &
stronger

25

**CELEB HEALTH
SECRETS!**

★ Feel-good tips from
Kate Hudson, Abbey Clancy
Kimberly Wyatt
and more...

**'TRY MY 7-MIN
WORKOUT'**

**INSTAGRAM STAR
KAYLA ITSINES'
BEACH-BODY BLITZ**

PLUS: WIN A PT INSTRUCTOR TRAINING COURSE WORTH £3,695!



9 770957 592170

NEW

NEW



müller®

Light®
GOODIES™

Lemon

with meringue style
pieces

LOW FAT
99 kcal
or less

**MMMM... DELICIOUS
AND 99 CALORIES**



Contents

August 2015



90 Light meals

14

Khloe
Kardashian's
workout routine

66

Celebs'
healthy
glow
secrets



78

Street dance
outfits

SHAPE UP

14 Fitness notebook

Tennis tips from Judy Murray, Pool fitness tools, improving asthma symptoms.

16 Electric workouts

How electrical impulses can produce big results, fast.

19 Fitness expert

H&F's resident fitness editor has advice about working out while pregnant.

20 10-minute tone-up

Try our speedy bodyweight core workout.

EAT SMART

24 Food notebook

Do you suffer from booze amnesia? Lower-sugar juices, Jessica Simpson's food philosophy.

26 Freeze your assets

Healthy gourmet Lyndon Gee shows you how to stock your freezer with nutrient-rich foods.

29 Recipe revamp

No-rice veggie paella – a delicious, light summer supper.

30 Nutrition expert

The healthiest ice cream options on the shelves this summer.

32 Diet diary

Shirin Kouros, co-founder of The Good Life Eatery.

34 Diet notebook

Eat berries to curb cravings, avocado warning, naturally flavoured water.

HEALTHY YOU

38 Health notebook

Sleep aids, eye health supplements, taking fish oil for sunburn.

40 Turn bad stress good

How to embrace stress and turn it into a positive thing.

43 The eight friends you really need

Feel happier in life with these types of people around you.

45 Beauty notebook

Philanthropic purchases, Lindsay Lohan's favourite face wipes, anti-UV hair products.

46 Less is more

'Free from' doesn't just refer to food – find out which beauty products avoid the nasties.

FEATURES

50 The deficiency decoder

Read our guide to see if you need to boost your intake of a vitamin or mineral.

54 Outsmart your metabolism!

Boost weight loss and ward off wrinkles by reversing your metabolic clock.

CELEBRITY BODY SPECIAL

60 How to get an A-list body

Celeb trainers tell us how they keep the stars in shape.

66 Celeb health secrets revealed

Top tips from the celebrities on how they look so good.

70 Behind the lines

Three designers tell us how they create the kit we all crave.

Photographer: Ian Derry
 Stylist: Kellie Daggett
 Model: Tine @ Models1
 Hair & Make-up:
 Laurence Close @
 Carol Hayes
 Clothing: Z Padded Sports
 Bra: stridersedge.com.
 Lorna Jane Handstand Excel
 Tank: activeinstyle.com.
 Epic Lux Printed Women's
 Running Capris; nike.com

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

August 2015 // £3.80

TONE EVERY INCH

Shrink your fat zones & burn 544 calories

DIET ALERT

Reverse your metabolic clock!
 Beat age-related weight gain for good

DO YOU NEED A VITAMIN BOOST?

Find out with our symptom checklist

4

MOVES TO BIKINI ABS

PLUS: WIN A PT INSTRUCTOR TRAINING COURSE WORTH £3,695!

GET AN A-LIST BODY!

Shape-up tricks from the stars' top trainers

TURN STRESS AROUND!

How it can make you smarter & stronger

25 CELEB HEALTH SECRETS!

* Feel-good tips from
 Kate Hudson, Abbey Clancy
 Kimberly Wyatt
 and more...

'TRY MY 7-MIN WORKOUT'

INSTAGRAM STAR
 KAYLA ITSINES'
 BEACH-BODY BLITZ

60

40

66

64

SUBS!

Subscribe to H&F
 this month and receive
 three issues of the printed
 and digital magazines
 for just £3.
 See page 48 for
 more details.

This month's cover

We asked H&F's fashion stylist Kellie to talk us through model Tine's look.

'This month we embraced the trend for a more feminine colour palette and tonal colour blocking. Don't be afraid to customise your pieces. Adding a knot to the side of the vest, for example, modernises the look and will also help to keep you cooler.'

GYM STYLE

76 Fashion

Inspiring urban dance looks.

83 Get the look

Adventure-racing inspiration.

YOU TIME

86 Spa news

Head to the south of Italy and hang out like a filmstar.

88 New Zealand Alps 2 Ocean

A two-wheeled adventure with amazing scenery.

90 Deliciously light

Keep your summer body on track with these tasty recipes from diet expert Sally Bee.

WORKOUT HANDBOOK

96 Target zone

Keep that tummy looking toned with these simple moves.

98 Jump to it!

Strength- and power-boosting plyometric exercises.

104 Fit knowledge

How to gym-proof your skin.

106 Advanced trainer

Top moves for legs and bottom.

107 Move of the month

Open up your shoulders after a day at the desk or holding kids.

108 Run knowledge

How running has taught the experts about life.

112 Kit test

Sports shorts.

113 Success story

'How I beat an autoimmune disorder with diet and exercise.'

REGULARS

6 Editor's letter

8 About you

Charity feats, healthy eating and keeping fit on holiday.

11 Fit buzz

Climb a skyscraper, cook yourself young, workout-friendly mascara.

111 Competition

Win a place on a Premier Training personal training course, worth £3,695.

114 H&F offers

Win entry to Run to the Beat plus running goodies, Merrell shoes, and a natural skincare bundle, plus enjoy 25 per cent off MyChelle Dermaceuticals beauty products.

122 We're talking to...

Gymnast Louis Smith, MBE.



83 Adventure racing kit

Welcome



There's nothing like new fitness kit to boost your workout mojo. And, right now, we're spoilt for choice, thanks to the huge revolution in sports fashion. Not a day goes by at *H&F* without us hearing of a new boutique label offering sleek gym-to-street style or a cutting-edge innovation from a top sportswear brand. But have you ever thought about how your favourite leggings or sports shoes were created? This month, in 'Behind the Lines' (page 70), we go behind the scenes to reveal the hours of trend tracking, design brainstorming and athlete testing involved. Discover how Jessica Ennis inspires Adidas' womenswear, how Kate Hudson designs her Fabletics range and Bear Grylls test drives his Craghoppers outdoor range.

For more insider secrets, turn to 'Get an A-list Body' (page 60) for moves and advice from the world's top trainers. Then check out 'Celeb Health Secrets Revealed' (page 66), for natural wellbeing and beauty tips from stars including Serena Williams, Abbey Clancy and Jennifer Aniston.

It's perfect holiday reading!

Mary

Mary Comber, **Editor**

What the H&F team has been up to this month...



Art director

Lucy (middle) heads underwater for a spot of scuba diving at Cabo de Palos, Spain



Chief sub

Emma (in pink) tests out the new Polar A300 fitness and activity monitor



Fitness editor

Sarah is put through her paces by former Olympian Louise Hazel at a #fitforfree workout. Visit thepodinnmeffect.com to try it out



Stopping the traffic! On set at our latest fashion shoot (see page 76)

FOLLOW US ON



@HandFmagazine



healthandfitness_mag



HandFMagazine



handfmag

MAX FACTOR X

Marilyn Monroe™, Rights of Publicity and Persona Rights: The Estate of Marilyn Monroe, LLC.

NOW

THE ICON — FALSE LASH EFFECT MASCARA

Transform your look with our iconic False Lash Effect Mascara for Hollywood-volume starlet lashes. This is timeless glamour reinvented.

The Icon Collection — Inspired by Marilyn, designed for you.
#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: False Lash Effect Mascara in black, Colour Elixir Lipstick in Ruby Tuesday, Facefinity All Day Flawless Foundation and Glossfinity Nail Polish in Red Passion



THE MAKE-UP OF MAKE-UP ARTISTS

About YOU

Charity challenges, healthy eating plans and keeping fit on holiday

This month's star letter winner Leona felt inspired by last month's Success Story



EXTREME CHALLENGES

What an amazing woman Eve Hazelton is with her Success Story 'I've worn fancy dress every day for a year to raise cancer awareness' in your Summer issue. She is such a selfless human being, doing everything she can to raise money for breast cancer charities and to raise cancer awareness. I ran up a mountain in Wales every day for a month for charity a few years ago – 1,818 feet to be exact. On two days, the weather was really bad, so I had to run up and down it three times one day! I got a huge sense of achievement once I'd done it. But I admire Eve much more for what she is doing because she's been doing it for so long. I went online to donate. It's the least I could do.

Leona Hexman, Denbigh

★ **STAR LETTER**

HEALTHY FOOD PLANS

I just wanted to tell you how impressed I was with the food plan in your best bikini body supplement (July issue). The recipes look easy to follow and delicious, but also extremely nutritious. Too many 'diets' focus purely on weight loss and not enough on health – this makes a very pleasant change. Keep up the good work!

Suzy Connolly, via email

SLOW FOOD

I'm new to *H&F* and I'm pleasantly surprised what a feel-good sensation reading the articles gives you. In particular, I liked the piece in your June 2015 issue based on the findings that people who spend more time in the kitchen are less likely to be overweight and more likely to be healthy. I fully agree with this. Since I

moved out of my parents' and started cooking for myself, I appreciate food more, especially fresh vegetables and other non-processed food. Plus, I get to choose what to cook, based on my favourite ingredients. I feel more energised and happy after eating a healthy, cooked-from-scratch meal. Thank you!

Mireille Mifsud, Malta

You say...

What are your summer beauty secrets?

'Less is more. A touch of bronzer, waterproof mascara (both No7), slick on a bit of lip gloss, SPF15 (No7 or Clinique) and I'm good to go!!'

Heidi Reynolds

'Coconut oil is great to keep skin and hair hydrated.'

Bethany Wright

'I drink plenty of water and use lots of sunscreen to look after my skin.'

Philippa Saal

'I use lots of cooling facemasks and creams on my sunkissed skin. I find aloe vera works best!'

@jkabernard

BROOKS
Glycerin 13
trainers, £130



MOVING COMFORT
UpLift Crossback
bra, £36



WRITE IN AND WIN!

This month Leona wins a pair of Brooks Glycerin running shoes, worth £130, and a Moving Comfort UpRise or UpLift Crossback bra, £36. The enhanced 3D Fit Print technology and the Super DNA midsole of the trainer provides superior comfort and fit. Team it with the lightweight, compression/encapsulation sports bra, with cool technology, and you'll be set for your runs. Visit brooksrunning.com/uk for more information on Brooks and Moving Comfort.

TALK TO US! We love hearing from you. **Email** letters@iris-uk.com, **Facebook** [facebook.com/HandFmagazine](https://www.facebook.com/HandFmagazine), **Twitter** @HandFmagazine, **Instagram** [Healthandfitness_mag](https://www.instagram.com/Healthandfitness_mag), **Write to** *H&F* magazine, Iris Publishing, 10th Floor, Marble Arch Tower, 55 Bryanston St, London W1H 7AJ



The secret to
model-beautiful hair?

head & ssssshoulders

Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



Clear out? Or work out?

Proud to Sponsor
England netball
back to netball



It's your move.

When you're getting back into sport, don't let sprains, strains and stiffness hold you back. We can support you with pain relief like no other – our unique formula delivers a clinically proven anti-inflammatory exactly where you need it.

Ask your pharmacist for Movelat.

Available without prescription from pharmacies nationwide.

www.movelat.co.uk



**A unique formula for
Pain relief like no other**

Always read the label

FIT BUZZ

Your guide to the hottest things to do, see and buy this month

1 CLIMB A SKYSCRAPER

Bored with fun runs? Try the vertical Gherkin Challenge (Sept 6, 2015) for a change. You'll climb 38 floors of The Gherkin, one of London's most iconic skyscrapers, and help raise money for the NSPCC while

you're at it. Once you've made it to the top (on average, it takes 11 minutes), enjoy the stunning panoramic views with a glass of well-earned Champers or juice! For more information, head to nspcc.org.uk/gherkin.



WORDS: Becky Fletcher * According to Neilson

KICK BUTT IN GOOD CLOTHING

More traditionally the go-to place for yoga and Pilates kit, activewear brand Wellicious, has expanded its collections, styles and colours for a whole host of activities. Its latest campaign features amateur boxer and new Wellicious ambassador Lisa Moore wearing the opaque Control Bra (£65; wellicious.com). The premium organic cotton is totally opaque in every posture, and this bra boasts wider straps and more coverage than previous Wellicious bras. Kicking butt just got a whole lot more comfortable.

3 AVOID EYE SMUDGE

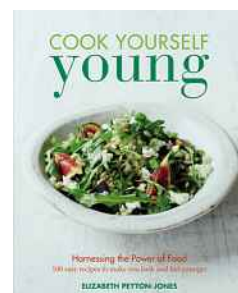
Want to cut down on the time, not to mention fuss, of your daily gym and beauty regime? The paraben-free formulation of Eyeko's Sport Waterproof Mascara (£18 for 8ml; eyeko.com) is 100 per cent waterproof, sweat- and budge-proof, so it'll last from your morning gym session to evening drinks.



4 COOK YOURSELF YOUNG!

Following on from the success of her book, *Eat Yourself Young* (Quadrille, £12.99), herbalist and naturopath Elizabeth

Peyton-Jones has launched the meat- and refined-sugar-free *Cook Yourself Young* (Quadrille; £14.99). Try the delicious Cauliflower and vegetable paella on page 29 of *H&F* this month.



5 SURF AND SIP!

Sales of Prosecco have shot up 90 per cent in the past year* as it finally becomes an acceptable, more affordable alternative to Champagne. Why not earn your bubbles by joining a Ticket to Ride Surf School Paddleboard & Prosecco evening this August or September? Setting off from Newquay's beautiful Great Western Beach, you'll explore the idyllic bay, before heading back for a post-paddle glass of bubbles overlooking the ocean. Sessions cost £15; head to tickettoridesurfschool.co.uk for more information.

BOOST YOUR NUTRIENTS

Smoothie brand, Savse (savse.co.uk), has teamed up with celebrity nutritional health coach Madeleine Shaw to create premium cold-pressed juices crammed with goodness. The three delicious flavours include *Get the Glow*, with beetroot, raspberry, apple, ginger, lemon and cacao. The drinks cost £3.49 from retailers including Selfridges, Whole Food Market and Harvey Nichols.



NEW!

Compak Pearl

TAMPAX
COMPAK PEARL
ADAPTS
To Your
UNIQUE
SHAPE
FOR LESS LEAKS*

Outsmart Mother Nature
TAMPAX



Our only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL



*vs. Tampax Compak

**Our #1 combination of Tampax's comfort, protection & discretion

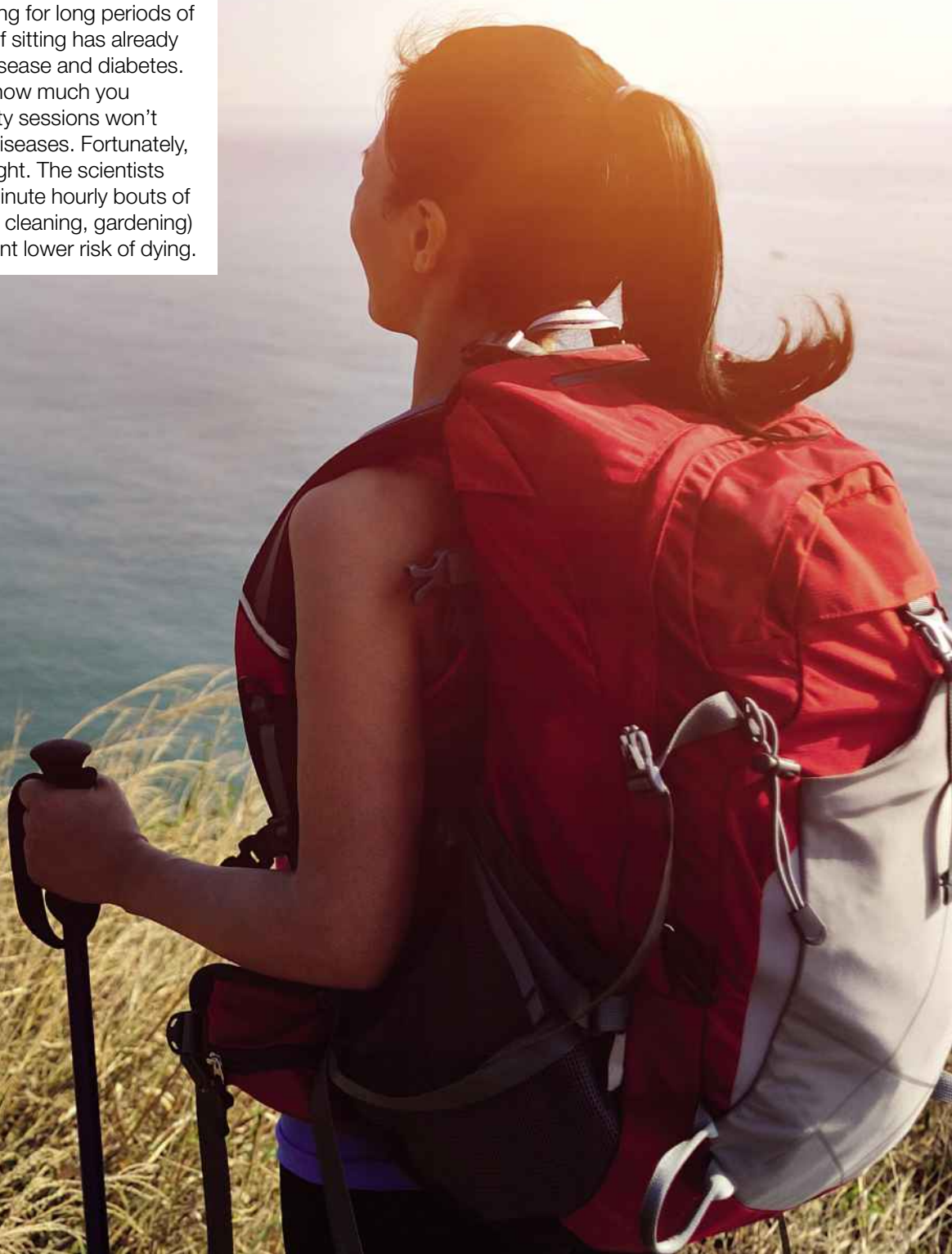
© Procter & Gamble, Inc., 2014

SHAPE *Up*

FITNESS NEWS * WORKOUT FIXES * EXPERT ADVICE

Take a hike

Are you sitting down? You may want to walk while you read this! According to a study in the *Clinical Journal of the American Society of Nephrology (CJASN)*, two minutes of walking per hour may cancel out the negative effects of sitting for long periods of time. Large amounts of sitting has already been linked to heart disease and diabetes. And it doesn't matter how much you exercise – high-intensity sessions won't save you from sitting diseases. Fortunately, regular light activity might. The scientists discovered that two-minute hourly bouts of light exercise (strolling, cleaning, gardening) is linked to a 33 per cent lower risk of dying.



BREATHE BETTER

Calling all asthmatics! Are the seasonal sniffles getting too much for you? Good news – a study in the *British Medical Journal* has found a natural remedy could help asthmatics tolerate twice as much of asthma triggers such as pollen. According to researchers, aerobic exercise can reduce the severity of asthma symptoms, increasing oxygen intake, opening airways and leaving sufferers less susceptible to asthma attacks. Want to give it a go? Do some indoor walking – on the treadmill or up the stairs – for 30 minutes twice a week then move on to more vigorous forms of cardio activity.



TENNIS: HOLIDAY TIPS

Work on these pointers from coach, Fed Cup captain and HEAD ambassador Judy Murray while you're away.

If you're a beginner

'Work on your ball control. Keep your racquet in front of you as you make contact with the ball. Stop running before you hit it and don't overstretch for it – your arm should be slightly bent.'

If you're an improver

Find it hard to make the ball land exactly where you want it to? 'Make sure the face of the racquet points towards where you want the ball to land as you swing through.'

If you're an ace

Is your serve inconsistent? 'Place your racquet on the ground with the head just in front of your front foot when you're in serving position. Toss the ball straight up and high with a straight arm, as if you're throwing it up a chimney. The ball should land on your racquet head.'

We talked to HEAD ambassador, Judy Murray, at a HEAD UK master-class supported by Living Tennis. For more information, go to head.com/tennis or livingtennis.co.uk.



{CELEBRITY} QUOTE}

'I try to work out five days a week. It's a lot, but I feel great when I do it.'

Khloe Kardashian

Fitness NOTEBOOK

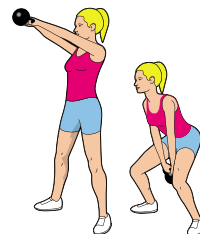
News and kit to power your workouts

WATER POWER

If you've ever done aqua aerobics and found it a bit ho-hum, try the intense Aqua-X Training water workout at aquasphereswim.com/aquaxtraining. Wearing these Aqua Sphere Aqua-X Training Power Gloves (£29.99; aquasphereswim.com) while you do it will help you tone up, fast.



65%
OF BRITS EXERCISE
EVERY WEEK*



WORDS: Sarah Ivory, Emma Lewis, Ellie George
PHOTOGRAPHY: Thinkstock
*According to research by ICM Unlimited for Breast Cancer Care's London at Night Pink Ribbonwalk

My totally natural flapjack Totally mine!



Oats & protein, naturally

To add to our recently launched R-Bar Protein comes R-Bar Flapjack, a rolled oat based bar delivering over 18 g of carbohydrate and 18 g of protein derived from EU grass fed milk sources per 70 g bar. Made to the highest standards with rapeseed oil, glycerine and glucose fibre, this bar uses totally natural flavours and colours and is sweetened with stevia. **Crucially, it contains NO palm oil, soy protein, glucose syrup or GMO ingredients. It also contains no artificial colours, flavourings or sweeteners. Manufactured in an Informed-Sport registered facility.**

18g
PROTEIN

7g
FIBRE

2g
SUGAR



ELECTRIC WORKOUTS

Sweat sessions using electrical impulses could be the next big thing. We reveal how they work

What if we said you could reap all the rewards of an hour's workout in just 20 minutes?

That's exactly what experts claim an EMS (Electrical Muscle Stimulation) training session can do. EMS technology started out as a nifty rehabilitation tool and something that astronauts used to keep fit in space. Electrodes are placed on your body and electrical impulses are sent to them to stimulate your muscles. Many elite athletes, including pro footballer Frank Lampard, are said to be fans of the rehabilitative remedy – but it has recently gained interest from those wanting to shape up fast, too! You may well have already come across EMS technology –

slimming belts that promised toned tums were all the rage in the '90s. But when Jamaican sprinter, Usain Bolt, was spotted performing crunches in an EMS suit recently, the buzz was big. Now, EMS is going through a resurgence and the gains – increased weight loss, accelerated muscle growth and the chance to get in shape faster – are worth talking about.

HOW IT WORKS

EMS kit, such as suits and belts, send electrical impulses to your muscles, which makes them contract and relax in the same way as they would through doing normal exercise. These impulses are normally sent by your brain to your muscles but, with EMS devices, the muscles are stimulated by the equipment and the contractions are more intense. 'EMS is a novel form of

exercise that works to condition, tone and strengthen muscles through applying gentle electronic pulses to the body,' explains Gary Rainsford, clinical and innovation programme manager at Slendertone, which produces a range of toning devices for men and women. 'This excites the nerves and causes the muscles to contract. If the muscles are contracting often enough and over a sufficient training period, the muscles will improve in terms of appearance, strength and condition.' The data is convincing – according to the EMS personal training

programme provider, E-Fit, using EMS devices during a workout could activate up to 90 per cent of the body's main muscles, ultimately saving time

and generating great results. Slendertone personal trainer, Nicki Waterman, agrees. 'EMS training uses electrical muscle stimulation to achieve stronger and more intense muscle contractions than a voluntary exertion can achieve alone,' she says. 'Depending on the intensity [measured by the number of pulses per second] and your individual goals, it can be used to build muscle and achieve better definition while also making muscles stronger and more responsive. Basically, your muscles become more efficient.'

'EMS works to condition, tone and strengthen muscles through applying gentle electronic impulses to the body'

reports Nooroa Ogden, head trainer at London's first EMS training studio, Exerceo. 'It's a part of their culture – they use it for weight loss and everyday training. You'll often see someone put on an EMS suit and go on the elliptical trainer for 20 minutes.' It's that simple. But if it's so easy, why haven't EMS workouts taken off before? 'We tend to follow America, so this has crept up on people,' says Ogden. 'It's only just been approved for the American market, so it's about to hit the US as well'.

If it all sounds a bit complex, the good news is that the exercises performed in an EMS personal training session are technically simple – squats, lunges, biceps curls and suchlike. 'You do generic exercises

so it's not too complicated. Plus, you're attached by a cord to the machine, so you can only go so far,' explains Ogden. 'It's up to the trainer in terms of what programme he sets for you, but you can do just about anything, whether your aim is weight loss or strength gain.' And it doesn't have to hurt either. The sensation is somewhat uncomfortable, but you can tell the trainer how much you can or can't take and you'll work within that range. And let's face it, all forms of intense exercise hurt a little bit!

40.2 per cent among the EMS group and 31.4 per cent among the weight-only exercisers. And EMS results lasted the longest, with a 49.1 per cent increase in strength after a detraining period, compared to the weight-only exercisers' 24.5 per cent increase. It's convincing stuff, but there's also data out there that will make naysayers say EMS training is just another 'quick-fix' fad. One such piece of data from the University of Wisconsin reports that a group of 29 volunteers showed no significant changes in bodyweight, body fat percentage, skinfold data or muscle girth measurements after a period of thrice-weekly EMS sessions for eight weeks. But EMS experts argue that there are benefits to be had when the method is used in conjunction with a smart training plan. 'EMS technology can be worn while exercising as it enhances the results of toning,' explains Waterman. 'For example, you can wear the abs belt while doing sit-ups. This combined approach is likely to deliver even better results as your muscles are doing a voluntary workout as well as working via EMS.'

EMS enthusiasts insist that the effects are nothing short of significant. 'I have bodybuilders who come to me and say they've never experienced a "pump" like they do after EMS training,' says Ogden. 'People ask how many calories you burn during a session and it's around 500-600 calories, but you'll still be feeling the effects several hours later.' In fact, EMS exercisers continue to sweat for a few hours after a session and, as for post-workout muscle soreness, well, you'll know about it!

How does it fit in with your schedule? Think of EMS as you would HIIT (high intensity interval training) – it's very intense and you need to allow at least 48 hours of recovery between sessions, so you can only do it two or three times a week. But EMS devotees argue that those few sessions will really count! ■

PERSONAL TRAINING

The concept of EMS technology has been around since the 1970s, but putting it in a gym environment is a relatively fresh idea. In Germany, EMS devices have been used in personal training for the past seven years – and now the UK looks set to join the craze. 'In Germany and Spain, EMS workouts are already huge – there are around 500-600 studios in Spain alone,'

THE SCIENCE BIT

It certainly all sounds wondrously sci-fi, but does the scientific data stack up? Certainly, there's evidence to support its uses. A 2010 study in the *Journal of Strength and Conditioning*, for instance, put 28 exercisers on a one-month training plan that either consisted of four weight and EMS exercise sessions per week or four weight-only workouts per week. Results show that muscle strength increased by

GIVE IT A GO!

Try it out for yourself, thanks to these products and places

PORTABLE TRAINER

XBODY NEWAVE EMS (£8,400; bodyworld.co.uk)
As the official partner of the EMS Trainer Institute, this piece of kit is suitable for personal trainers, physiotherapists, gyms and health clubs wanting to deliver EMS training.

SCOTLAND SESSION

FIT in 20 (drop-in sessions £60; fitin20.co.uk)
Based in Edinburgh, this studio is the first EMS training centre in Scotland. Choose from performance, adaptation, transformation or lifestyle packages or just pop in for a visit.

LONDON STUDIO

EXERCEO (four sessions for £180; exerceotrainin.co.uk)
Head to Exerceo's private studio in central London to have a one-on-one or two-person EMS session with a personal trainer. Each session lasts 25 minutes and kit is provided.

HOME WORKOUT

SLENDERTONE PRODUCTS (from around £40; slendertone.com)
Slendertone products are perfect for home exercisers and provide a gentler form of EMS training that has stood the test of time. Choose from abs, arms or bottom devices.

CHALLENGE YOURSELF TO A GREAT SUMMER BODY

BEFORE



LISL WINDT
RESULTS AFTER
USN'S 12 WEEK
BODY MAKEOVER
CHALLENGE

AFTER



NOW
AVAILABLE AT



VERY.CO.UK

CUT DOWN ON CENTIMETRES AND YOUR WEIGHT

WITH XÉDRA-CUT ULTRA XT CLINICALLY
RESEARCHED THERMOGENIC WEIGHT LOSS AID*

*GLUCOMANNAN CONTRIBUTES TO WEIGHT LOSS



DISCOVER THE NEW GLOBAL USN RANGE

W WWW.USN.CO.UK f USN UK t @USN_UK i @USNUK

FITNESS expert



H&F fitness editor **Sarah Ivory** gives us advice on how to exercise during pregnancy

“

In recent years, working out during pregnancy has caused a bit of a stir. Thanks to social media networks such as Instagram, Twitter or Facebook, pictures of women lifting weights, doing yoga, running and even flaunting a six-pack while pregnant have attracted criticism.

But despite the backlash, exercising during pregnancy can be extremely healthy (see Fit For Labour, below, for the benefits). One 2015 study reports that women who take part in exercise during this period may have a lower risk of Caesarean delivery, and their babies are less likely to have excessive birth weight or respiratory problems. Some activities offer more benefits than others, so here's the lowdown.

BODY CHANGES

Before I discuss the best type of activities to do when you're expecting, let's find out what's happening to your body.

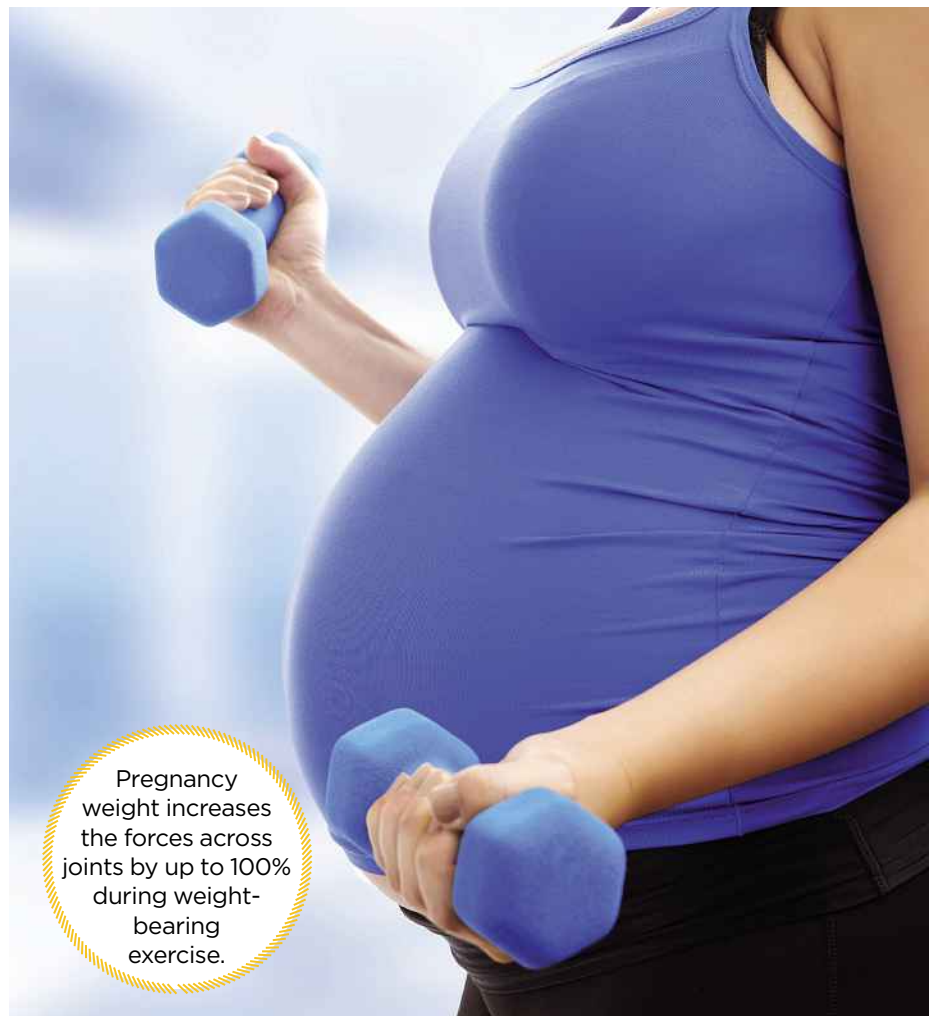
HEART RATE (HR): During early pregnancy, you'll experience elevated HR as your body works harder to deal with the new foetus. This will return to normal during mid-pregnancy and then, during late pregnancy, blood volume increases, which makes it difficult to elevate HR.

RESPIRATION: Your enlarged uterus will press up against your diaphragm, causing your rib cage to elevate and widen. This can lead to a 40-50 per cent increase in the amount of air you breathe at rest.

CIRCULATION: In the early stages of pregnancy, you'll experience low blood pressure but, as the months roll by, this will change and your blood volume will have increased by 30-50 per cent by the latter stages.

WORKOUT CHANGES

The exercise that's right for you will depend on your fitness experience. If you're healthy and were active prior to pregnancy, the chances are you can



Pregnancy weight increases the forces across joints by up to 100% during weight-bearing exercise.

continue with your current routine. Try to avoid exercising to exhaustion. This can lead to overtraining symptoms, such as fatigue, injury and poor performance.

WARM-UP: The warm-up and cool-down should be more gradual than normal to avoid raising blood pressure. By the ninth week, you can definitely expect to feel breathless if you warm up too quickly.

COOL-DOWN: After three months, joint laxity increases as the hormone relaxin is released. This makes ligaments easier to stretch. Avoid over-stretching during the cool-down and only hold stretches for eight to 10 seconds.

BALANCE: Your baby bump will send you off kilter, changing your centre of gravity and affecting motor skills. Work on body awareness and control with mobilising moves during the warm-up.

EXERCISE CHOICE: The best aerobic exercises are low-impact moves, especially during the second and third trimesters. Choose activities that use large muscle groups, such as walking, cycling, swimming, aqua workouts or low-impact aerobics. For weight training, you may prefer to use machines to reduce the fear of maternal-foetal injury. Don't do supine moves (lying on your back) from the second trimester, and avoid overhead or isometric (holding) moves in the third trimester. ”



FIT FOR LABOUR

Worried about working out when pregnant? According to the ACSM (American College of Sports Medicine), exercise can benefit mother and baby in many ways. Here are a few of the plus points.

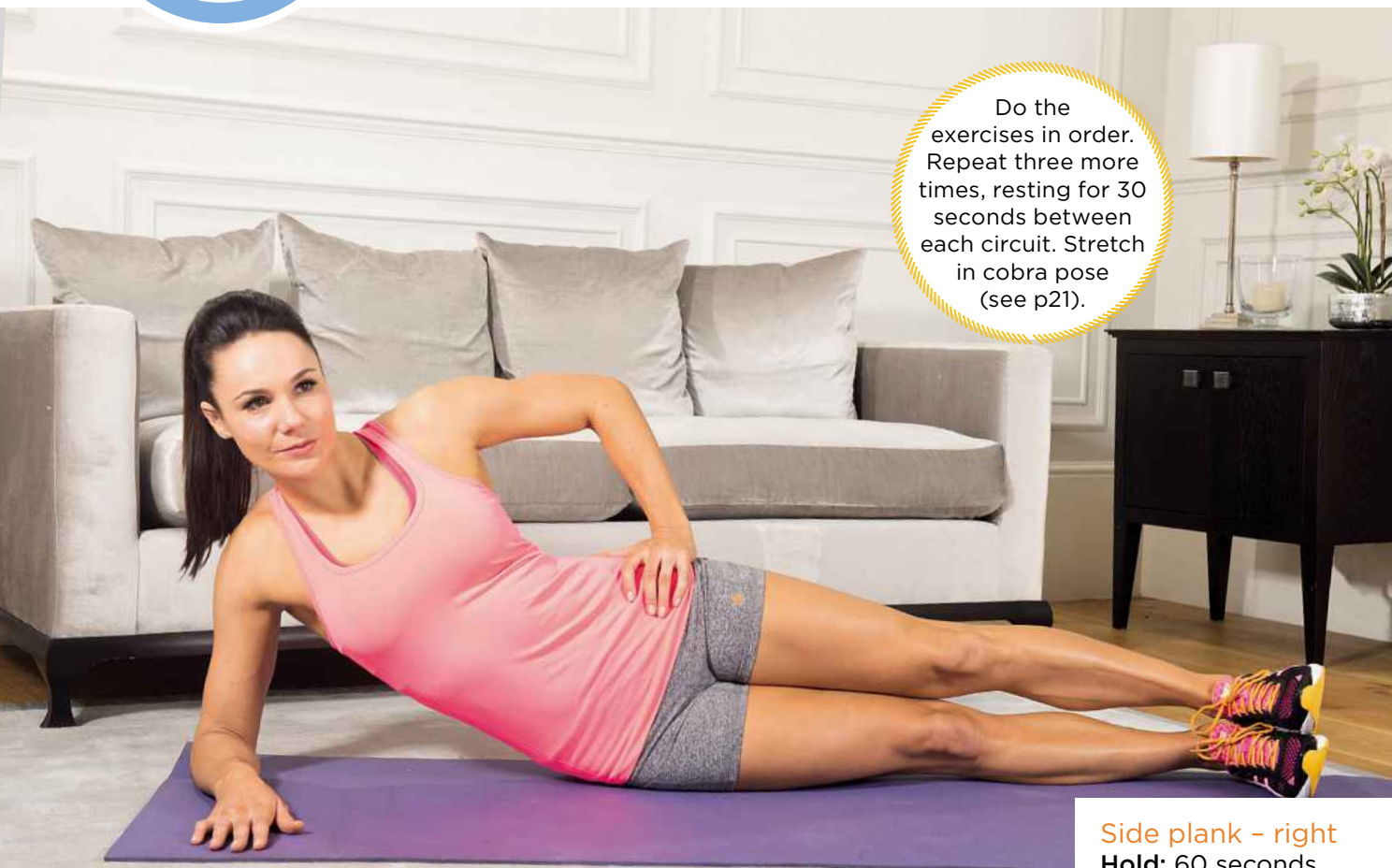
- Improved circulation
- Reduced swelling
- Less muscle discomfort
- An easier, shorter labour
- Better body awareness
- Quicker post-natal recovery
- Less labour pain
- Less weight gain
- Reduced leg cramps
- Better fitness
- Better self-image
- Less risk of lower back pain



CORE BLASTER

Those toned abs you've always wanted are within your reach with this quick and effective bodyweight core workout

Do the exercises in order. Repeat three more times, resting for 30 seconds between each circuit. Stretch in cobra pose (see p21).



A

Side plank - right

Hold: 60 seconds

Works: Core, obliques, shoulders, back and glutes.

○ Lie on your right side with your legs straight. Prop yourself up on your right forearm with your weight on the outside of your feet. Rest your left hand on your hip (A).

○ Raise your hips so your body forms a straight line (B). Brace your abs and hold for 60 seconds.



B



Press-ups

Reps: 5

Works: Chest, shoulders, arms and core.

- Get into plank position, with your hands under, but slightly outside of your shoulders (A). Drop your knees if a full press-up is too hard.
- Lower your body until your chest nearly touches the floor (B). Pause, then, keeping your core braced, push back to the starting position as quickly as possible. Don't let your hips sag at any point during the exercise.



Side plank - left

Hold: 60 seconds

Works: Core, obliques, shoulders, back and glutes.

- Lie on your left side with your legs straight. Prop yourself up with your left forearm. Rest your right hand on your hip (A).
- Lift your hips, brace your abs and hold for 60 seconds (B).



Shoulder press-up

Reps: 5

Works: Shoulders, upper back, arms and core.

- Start in a traditional press-up position, but walk your feet towards your hands and raise your hips into the air, so your body forms an inverted V (A).
- Keeping your hips raised, lower your body until the top of your head nearly touches the floor (B). Pause, then press back up to the start.

COBRA: LIE ON YOUR TUMMY, HANDS EITHER SIDE OF CHEST AND RAISE HEAD AND SHOULDERS

The Omega VSJ843 Juicer

Our premium choice for juicing apples, as well as all other fruit and veg

Simply the highest yield of apple juice we have ever seen!

Get **15% off** The Omega VSJ or the L'Equip XL Juicer at www.ukjuicers.com

Simply enter the voucher code **APPLES** when you order online

The L'Equip XL Juicer

With a huge feed chute and high speed motor, The affordable L'Equip XL whizzes through the task of juicing apples



www.ukjuicers.com

EAT *Smart*

NUTRITION TIPS * DIET ADVICE * FOOD FACTS

Brain food

Exercise and activities such as yoga or meditation have long been cited as boosting mental health, but a recent international study featured in *The Lancet Psychiatry* has reiterated the importance of feeding your brain the right fuel. For tip-top mental wellbeing, you need plenty of omega-3 fatty acids, essential amino acids, B vitamins, vitamin D and minerals including zinc, magnesium and iron. Need inspiration? Follow a balanced Mediterranean diet; it's packed with feel-good nutrients.



ALCOHOL AMNESIA!

While most of us accurately estimate our regular alcohol-drinking patterns from week to week, we often 'forget' to count the boozing we do on special occasions, such as bank holidays, parties, weddings and festivals, reveals a study funded by Alcohol Research UK. The researchers estimate that the amount of extra drinking going on during these types of occasions adds up to the equivalent of an extra 12 million bottles of wine a week in England. Booze amnesia is most pronounced in 25- to 34-year-olds, with 'special occasion' binges adding around 18 units a week for both sexes in this group. That's your whole weekly recommended alcohol allowance and more in just one session, so don't let it slip your mind.



Food NOTEBOOK

The latest news, research and healthy eats

HAPPY HERBS

If your herbs always wilt before you get a chance to eat them, the Prepara Herb-Savor storage pod is a great acquisition for your fridge. The herbs (or asparagus spears) sit in an easily refillable water well, prolonging their life for up to three weeks. And with its see-through glass front, the pod is stylish too (£14.95; Selfridges.com).



20%
The proportion of
our daily vitamin
B6 requirement
in one banana.

{CELEBRITY QUOTE}

'That's a big goal of mine – to try to grow as much of my own food as possible.'

Daryl Hannah



3 LOWER-SUGAR JUICES

100 per cent fruit juice may provide vitamins and healthy antioxidants, but it's around 10 per cent sugar – the same as full-sugar cola. Try these lower-sugar options for health benefits without the downsides.

1 Nosh Raw Smoothie Broccoli, Avocado & Peach £3.29 for 250ml; ocado.com (3 per cent sugar) Made with just these ingredients (plus a bit of parsley), this is cold-pressed and unpasteurised for max nutrition.



2 Sainsbury's Not from Concentrate Tomato Juice £1.40 for 1l; Sainsbury's (4 per cent sugar) An oldie but a goody, tomato juice has 60 per cent less sugar than orange or apple juice. It's a rich source of skin protector lycopene –also linked with lower risk of stroke.



3 Tropicana Trop50 £1 For 1l; from Tesco (3.9 per cent sugar) Juice 'drinks' can be loaded with additives, but this one – made with orange juice, water and natural stevia sweetener – has less than half the sugar and calories of normal OJ.



*thank you
first of
many*

photo by @bubritt85

thank you running

The moment when you slip on that first race medal is hard to beat. And with Glycerin 13's Super DNA midsole, you'll get perfect, dynamic cushioning that instantly adapts to your every step. That's a wonderful thing, because now that you've achieved this milestone you'll want to get right out and start training for that next big race.

Learn more at brooksrunning.com/uk

[@brooksrunninguk](https://twitter.com/brooksrunninguk) www.facebook.com/brooksrunning

©2015 Brooks Sports, Inc.

 **BROOKS**

Glycerin 13

FREEZE

your assets

If your freezer is a dumping ground for old food, it's time for a revamp, says healthy gourmet Lyndon Gee

Is your freezer full of unlabelled leftovers and ready meals? Then it's time for a freezer revolution! From now on, think of your freezer as a vault full of nutrients. You can optimise your vitamin and mineral intake, up your fibre, cut down on waste, and save money and time as you bag bargains and fill your freezer with seasonal produce.

Studies have shown frozen fruit and vegetables can contain more vitamins, minerals and phytonutrients than fresh, as it can take two weeks for food to get from the farm to your table. This is especially true if you're eating imported produce out of season.

Even top celebrity chefs are embracing frozen foods and helping dispel the snobbery around using them – Nigel Slater has described frozen peas as a 'dependable delight', while Jamie Oliver is a known fan of frozen fruit and veg. In his book *Save with Jamie* (Michael Joseph, £26), Oliver hails frozen vegetables as a great way to get nutritious veg for less money. Broad beans, French beans, cauliflower and spinach are among his favourites. Blogger Deliciously Ella stocks up on frozen berries. 'I love keeping my freezer stocked with frozen berries so that I always have them to hand when I want to make a smoothie. Plus it's so much cheaper than buying fresh berries,' she says. Over to you...

WHAT TO FREEZE

GET MORE FROM YOUR GRAINS

Rice, couscous, bulgur wheat and quinoa can all be cooked and frozen for up to three months.

● I'll often make a pilaf with grain, onions, peppers, herbs, spices and seeds. It doesn't take any longer to make six portions than two. So after a great supper, I end up with four portions in the freezer.

HAVE FRESH HERBS TO HAND

Any herbs can be frozen. The texture isn't the same once defrosted, but they'll still add flavour to soups and sauces. Finely chop before freezing or, for best results, blitz herbs into a puree, then freeze in ice-cube trays. Once frozen, put the cubes into a freezer bag.

● Try blending and freezing a mixture of parsley, mint, basil and dill. Defrost a couple of the cubes and toss into cooked vegetables with a little olive oil.

GET BETTER BERRIES

Berries are much better in season, and packed with vitamins, so stock up when they're at their prime and cheap. Watery fruits such as strawberries are fine for smoothies, but blueberries or blackberries hold their shape and are more versatile.

● Freeze berries on a tray, then, once frozen, bag them up. This stops them sticking together.

● Go foraging! Wild blackberries are easy to pick, ultra-nutritious and free. They freeze amazingly well. Use in smoothies or pies, or just sprinkle onto your porridge or muesli.

FOCUS YOUR FIBRE

The average UK woman eats 30 per cent less fibre than the recommended 18g per day, so having frozen beans to hand is a quick and easy boost to your fibre intake. Beans such as black eye, borlotti, kidney or cannellini beans and chickpeas all freeze well.

● Buy dried beans, soak overnight, then cook a big batch, drain, cool and freeze. You can then pull out a handful to add to salads, stews and soups, or whip up a quick houmous.

MAKE EASY ICE CREAMS

You can make instant healthy frozen yoghurt and ice cream by blending fruit straight from the freezer with 0% fat Greek yoghurt or fromage frais. It's amazingly quick and delicious, and kids love it!



'Pack chopped fruit and veg in individual freezer bags containing a portion of smoothie ready to blend. Then take one out and defrost it in the fridge overnight, ready to blend the next morning.'



BATCH UP SOUPS

Soups of any kind freeze well. Again, make a big batch, use some and freeze the rest. Use large yoghurt pots or freeze individual portions in plastic cups. To save space, transfer to a freezer bag once frozen.

STOCK UP ON STOCK

Freeze chicken carcasses, and, when you have two or three, make a big batch of stock. Reduce it down to concentrate the flavours and save freezer space. Leave in the fridge overnight, then skim off the fat before portioning up and freezing.

● You can also freeze vegetable trimmings or leftover vegetables. When you have enough to fill a saucepan, make some vegetable stock. ■

TRY FUN, FRUITY LOLLIES

Simply blend bananas and berries with low-fat yoghurt or fruit juice and pour into ice lolly moulds.

- Peel and freeze bananas. Remove from the freezer, leave for five minutes and they're the consistency of ice cream.
- You can also freeze grapes for a yummy, healthy nibble.

SERVE UP INCREDIBLE ICED DRINKS

Made too much coffee in a cafetière or got leftover teas or infusions? Freeze in ice cube trays and add to cooled coffee or tea to make iced drinks. As the cubes melt, they won't dilute your drink.

- Freeze wedges of lemon, lime or orange to add a cool, refreshing zing to drinks.

PREPARE SMOOTHIE POUCHES

Pack chopped fruit and veg in individual freezer bags containing a portion of smoothie ready to blend. Try with kale, berries, mango and cucumber. You can either defrost overnight in the fridge ready to blend next morning or just add hot water or tea and blend straight from the freezer. It's useful for large fruits such as melon or pineapple as you can eat them at optimum freshness.



TOP TIPS FOR FREEZING

- Pack and wrap foods well to stop freezer burn. Although there's no hygiene risk, the foods look unattractive.
- Always label and date foods to avoid finding UFOs (unidentified frozen objects!) in your freezer.
- Freezers should operate at temperatures of -18°C or lower. If your freezer can't keep ice cream solid, the temperature is above the recommended level and could be unsafe.
- Moist foods such as berries, cooked beans and pulses are best frozen on a metal oven tray then bagged up once frozen, this stops them sticking together in a big clump.
- A full freezer is more economic to run. If you have space, fill it with ice, rather than leaving it empty.
- Liquids expand when frozen, so don't overfill containers.
- When filling food bags, squeeze out all the air, seal the top of the bag and spread the food out inside the bag to create flat packages. This takes up less space and is easier to defrost as it's not all in a solid clump.

raw coconut water

UNSWEETENED, UNPASTEURISED, UNDENIABLY GOOD.



NOW
AVAILABLE AT
OCADO, SELECTED
WAITROSE'S, EAT, PLANET
ORGANIC, WHOLEFOODS
MARKET, ITSU, AND
MANY LOCAL HEALTH
AND NATURAL FOODS
STORES!

RAW NATURE IS POTENT, PURE AND DELICIOUS, AND WE LIKE TO KEEP IT THAT WAY. WITH NO PRESERVATIVES AND NO SWEETENERS, JUST A COLD HIGH PRESSURE PROCESS, UNOCO REMAINS ALIVE AND TRULY NUTRITIOUS. ALWAYS FROM YOUNG GREEN COCONUTS, OUR RAW TASTE IS CRISP, CLEAN AND DISTINCTLY REFRESHING - PLUS IT'S PACKED WITH ACTIVE ANTI-OXIDANTS THAT OFTEN TURN OUR COCONUT WATER PINK. UNOCO. UNDENIABLY GOOD.

unocodrinks.com

Light supper

This low-calorie veggie dish is packed full of powerful anti-ageing nutrients

H&F TIPS

FENNEL

Loaded with vitamin C, fibre and potassium, fennel has massive amounts of antioxidants and phytonutrients with anti-ageing and anti-inflammatory effects.



CAULIFLOWER

A cousin of kale and broccoli, cauliflower will help boost your body's natural detox system. Its high phytonutrient content activates detoxification enzymes, boosting digestion and skin health. Plus it's extremely rich in vitamins C and K.



BROAD BEANS

Chock-full of protein, dietary fibre and iron, broad beans are also a great source of folate, said to help with disease prevention. They're low in fat, making them great for weight loss, and their buttery texture makes them very versatile.

CAULIFLOWER AND VEGETABLE PAELLA

Serves: 4

1 medium cauliflower, cut into florets
2 tsp coconut oil
1 onion, finely chopped
1 small fennel bulb, roughly chopped
2 red peppers, sliced
2 garlic cloves, crushed
2 tsp sweet paprika
1 tsp ground turmeric
500ml vegetable stock
Pinch of saffron
200g broad beans

Handful flat-leaf parsley, chopped
Juice of ½ lemon

- 1 Pulse the cauliflower florets in a food processor until they're like grains of rice.
- 2 Heat the oil in a large sauté or medium paella pan over a medium-low heat. Add the onion and gently fry, adding a little water if needed, until softened.
- 3 Add the fennel and peppers and fry for two minutes, until they begin to colour.

- 4 Add the garlic, paprika and turmeric and fry for a minute, until fragrant. Stir through the cauliflower rice until combined and pour in enough stock to cover.
- 5 Sprinkle over the saffron, cover and simmer until the stock is almost absorbed and cauliflower is tender.
- 6 Tip in the broad beans and cover for a further minute or two and cook until tender. Stir in the parsley and lemon juice and serve immediately.

NUTRITION expert



Amanda Hamilton reveals the healthy way to enjoy ice cream this summer

“Ice cream is the summer food that’s hardest to resist (or is that just me?). But if you value your waistline and health, you need to be careful with the types of ice cream you eat (and the serving size you consume!) Here’s my round-up of the ones that claim to be healthier.

WHEY HEY PROTEIN

Best for: Low-sugar diets

£6.50 for 500ml from ocado.com

Per 100ml (Chocolate): 103kcal, 2.9g fat (1.8g saturates), 8g carbohydrate (0.5g sugars), 14g protein, 0.15g salt

This ice cream is high in whey protein (from milk) and sweetened with xylitol, which is a positive as it’s natural and good for teeth. The high protein content helps fill you up and you can enjoy this yummy-tasting ice cream as a muscle-repairing, post-workout snack without feeling any guilt.

BOOJA BOOJA

Best for: Clean eaters

£5.99 for 500ml from Waitrose

Per 100ml (Hunky Punky Chocolate): 137kcal, 6.6g fat (1.4g saturates), 17.5g carbohydrate (12.5g sugars), 3.3g protein, 0.01g salt

This non-dairy ice cream is made of just four ingredients: water, agave syrup, cashew nuts and cocoa. Its saturated fat content is low, and agave syrup has a low GI, so your blood sugar levels will remain steady after eating it. On the downside, agave is very high in fructose, which some experts think could be the ‘worst’ sugar in terms of heart health and obesity.



LICK FROZEN YOGURT

Best for: Bone health

£4 for 500ml from Waitrose/ocado.com

Per 100ml (Blueberry & Raspberry): 86kcal, 0g fat (0g saturates), 18g carbohydrate (18g sugars), 3g protein, 0g salt

Comprising four-fifths sweetened natural yoghurt and one-fifth blueberry and raspberry compote, this is a good source of calcium and one of the best frozen yoghurt options. It’s quite high in added sugar, so it’s a treat rather than a viable replacement for a bowl of natural yoghurt and chopped fruit.

ALMOND DREAM

Best for: Managing cholesterol levels

£4.99 for 472ml from Waitrose

Per 100ml (Vanilla): 115kcal, 6.1g fat (0.8g saturates), 13.1g carbohydrate (10.3g sugars), 1.2g protein, 0.36g salt

Another dairy-free option that tastes surprisingly creamy and indulgent, this contains eight per cent almonds and is low in saturated fat, so heart friendly. It contains the usual raft of stabilisers and a smidge of potato starch, so it’s far from

being unprocessed, but it definitely scores as a healthier option to those laden with saturated fat and calories.

CO YO

Best for: Coconut lovers

£6.99 for 500ml from Whole Foods Market and Planet Organic stores

Per 100ml (Natural): 176kcal, 15.6g fat (14g saturates), 6.6g carbohydrate (5.5g sugars), 2.3g protein, trace salt
Made with organic coconut milk, organic coconut nectar, raw cacao powder and xanthan gum (a stabiliser that prevents the formation of ice crystals), this ice cream isn’t for the weight conscious, but if you like coconut you’ll love it. One 100ml (two small scoops) portion provides 70 per cent of your daily saturated fat, but the medium-chain triglyceride type of fat in coconut helps increase good HDL cholesterol, so this will be fine – in small doses.”

Amanda Hamilton is a nutritionist, health expert and author of three wellbeing books, who regularly features on BBC television and radio, *Good Morning Britain* and *UKTV*. She’s the founder and director of a retreat company. See amandahamilton.co.uk

PHOTOGRAPHY: Thinkstock

Q&A

Is it true that if you’re thirsty, it’s more than likely that you’re already dehydrated?
Thirst is a very

sensitive gauge for most healthy adults, so you don’t need to worry that it means you’re

very short of water. In fact, even when you’re really feeling in need of a drink, you’re unlikely to have lost more than about one per cent of your body water, which is a fairly insignificant amount.

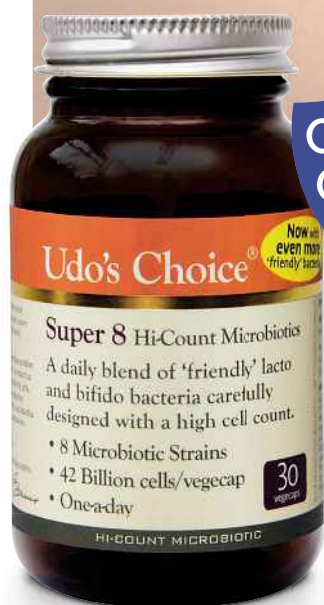
That said, your sense of thirst can become less reliable as you age, so if you are caring for

older people, offering them regular drinks is important. Also, even healthy, young people who exercise hard in hot weather can be losing fluid faster than their sense of thirst can keep up with, so be careful and hydrate regularly in the heat.



Now
even
stronger!

What's your Gut Feeling?



Gastric
Guard
Protected

Super 8 Microbiotics

- Powerful digestive support
- 42 billion good bacteria per capsule
- Tried and trusted for over 15 years
- Recommended post antibiotics

Available in your local
health food store and online
udoschoice.co.uk

Udo's Choice



SAVANT
a healthier way of living



'What I ate today'

Shirin Kouros

Shirin Kouros, 31, co-founder of healthy food venture, The Good Life Eatery* tells us what she likes to eat



BREAKFAST

'I eat breakfast, because I know I should, but sometimes just want a juice. I occasionally eat a little porridge. I'll use almond milk, rice milk, hemp milk or quinoa milk – I mix it up – and put fresh, seasonal fruit in it. I often have poached or scrambled eggs with loads of herbs – I love herbs – with sundried tomatoes and rye crackers.'

JUICING

'Instead of making juices (and a mess!) at home, I'll buy a bottle from the Good Life Eatery – "Drink Your Salad", which is all greens, or a "Lucky Seven" with beetroot and carrot.'



LUNCH

'If I'm at home, I'll have baby gem lettuce, mixed with lamb's lettuce, and some grilled fish, chicken, or a small filet steak. I usually have quinoa cooked up in the fridge, because it's so convenient. I'll also add some herbs. I'm not a big snacker, because I find if you start snacking, you don't stop or eat proper meals. I try to take the time to sit down and eat lunch and dinner, then it's easier to quantify what you've eaten.'

WATER

'I drink so much water – about four to five litres a day.'



DINNER

'Every few weeks, I'll have water with lemon, if I'm feeling uncomfortable or bloated. The next day, I'll have a nutritious breakfast. My partner and I, generally, keep dinner light and simple – often roasted vegetables and chicken. Sometimes it might just be soup. When I have people over, I make Iranian-inspired dishes, stews maybe, and I'll use saffron, but I substitute the white rice with brown or quinoa.'

SUPPLEMENTS

'I take a probiotic in the morning and burdock extract for my skin. I eat a lot of green veg, so I get a lot of goodness from those.'



GO-TO FOODS

'I always have some sort of dairy-free milk, as I make a lot of smoothies. In summer, I'll have cucumbers, houmous, gem lettuce, yoghurt (dairy-free and dairy), lemon, ginger and some protein, such as chicken or prawns.'

FOOD ETHOS

'For me, healthy eating is not dieting, but eating simple, tasty foods and knowing where stuff comes from. It means having a really good relationship with food and not indulging, but knowing when enough is enough. Have a treat, but eat it in moderation.'



Nutritionist
Fiona Hunter

NUTRITIONIST'S VERDICT

'I heartily applaud Shirin's food ethos. She's spot on, particularly when it comes to knowing where your food comes from and basing your diet around simple, tasty foods. Although quinoa has many positive health attributes, it would be better for Shirin to include a variety of grains in her diet. Merchant Gourmet (merchant-gourmet.com) does a good range of grains such as freekeh, spelt, wholegrain couscous and barley, which would all be good substitutes. Lentils would be another excellent choice. It's great she uses lots of fresh herbs – they add flavour, which reduces the need for salt and they are also rich in antioxidants and phytochemicals.'

SCORE

9
10

WORDS: Becky Fletcher PHOTOGRAPHY: Shutterstock
*goodlifeeatery.com

Spring all year round...



Cartilage and bone health are important for long term wellbeing and an active life. If you are looking for a daily supplement to give you extra support from within, *Jointace*® has been specially formulated by Vitabiotics' experts to provide premium nutritional care. With a unique combination of nutrients, and vitamin C which contributes to normal collagen formation for the normal function of bone and cartilage.

Vitabiotics® Jointace

nutritional support for an active life



also GEL or PATCH
for direct application.
Ideal alongside Jointace® Tabs or Caps.

Original

with Omega-3

Collagen

Max

Sport

Fizz

From Superdrug, supermarkets,
Lloydspharmacy, chemists, Holland & Barrett,
GNC, health stores & www.jointace.com

*Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

**Britain's No.1
supplements***

**THE QUEEN'S AWARDS
FOR ENTERPRISE
INNOVATION
2013**

VITABIOTICS
SCIENCE OF HEALTHY LIVING



BERRY GOOD

Next time you're about to succumb to a sweet snack craving, reach for berries instead and you could cut nearly 1,000 calories in a week, according to new research. Scientists at Loughborough University gave one group a handful of sweets, while another group received a serving of berries with the same calorie count. The results showed the berry group was significantly fuller, eating around 134 fewer calories of a pasta dinner they were given later. The reason? Foods that take longer to consume are likely to make you feel more satiated, and the berries took four minutes longer to swallow than the sweets. Berries are also a good source of fibre, taking up more space in your stomach. Not to mention, they're also great for your skin and heart health.

Diet NOTEBOOK

The latest advice on staying slim

{ CELEBRITY QUOTE }

'I don't go long without eating. I never starve myself: I grab a healthy snack.'

Vanessa Hudgens

GO EASY!

They're good for you but be warned – a smallish avocado has 285 calories, which is more than a Mars bar!



BEAT WATER BOREDOM

Bored with plain water but don't want the sweeteners, flavourings and acids that you get in a diet drink? Nuva is pure UK spring water that bridges the gap with just a dash of calorie-free botanical extracts, pure flavours and nothing artificial. Available in three flavours, they're really refreshing – our favourite is Spring Water with a Kiss of Ginger & Lemon (£1.49 for 500ml: Boots and independent health food stores).



DIET REVIEW...

THE BIKINI PROMISE: SHAPE UP FOR SUMMER Sally Bee (Kyle Books, £14.99)

Sally Bee has a healthy approach to weight loss. Primarily a book of healthy, easy-to-cook recipes, *The Bikini Promise* is based on the premise that if you eat for health, weight loss will naturally follow. So that means processed foods and ready meals are out, while three wholesome meals –

made with vegetables, lean protein, olive oil, low-fat dairy and wholegrains – are in.

Top tips include 'hover your hand over your plate' (when losing weight, the protein and carbohydrate should be no larger than your hovered hand), and 'get prepared to meal match' (team the food you eat with your daily activities). You're also urged to focus on whether you're tummy hungry or just plain brain hungry.

There's not much new here, but the advice is sensible and there are plenty of lovely recipes that you can rustle up in less than 10 minutes. Be warned, there are no calorie counts, though. Check out some of Bee's recipes on page 90.



Could you taste the difference?

Koko Dairy Free Original tastes remarkably similar to semi-skimmed cow's milk, yet it's totally free of dairy, soya, and animal fats.

Made from freshly pressed coconut milk its 2% fat content provides medium chain fatty acids (MCFAs) that are more easily digested than saturated animal fats.

Fortified with calcium and vitamins, it not only looks like ordinary milk, but you can use it in just the same way. In tea, coffee, with cereals and in cooking. The light, fresh taste won't dominate the foods you make, so you'll find you can use it as a direct replacement.

Koko Dairy Free – a no sacrifice alternative to cow's milk.



www.kokodairyfree.com

The secret celeb skin saviour



Want to know the A-list's best-kept skincare secret? It's simple *and* effective...

We've got a skincare secret and all the celebrities are in on it. Ever wondered how the rich and famous get such a glowing, radiant complexion? It's simple. On top of creams and serums, they understand that good skin starts from the inside! Enter Skinade, the multi-award-winning, peach- and mangosteen-flavoured daily collagen drink.

THE MAGIC INGREDIENTS

Skinade's nutrient-dense, active ingredients work by nourishing and rejuvenating your skin from the inside. Meet the six superstars putting this supplement firmly on the skincare Walk of Fame...

MARINE COLLAGEN – Sourced from high-grade hydrolysed marine collagen, this structural protein regenerates your skin.

VITAMIN C – Protects skin and reduces damage from free radicals.

MSM (natural organic sulphur) – Boosts keratin and collagen formation.

VITAMIN B COMPLEX – Vitamins B2, B3 and B12 promote normal skin health and reduce oxidative stress for a clearer complexion.

OMEGA 3 & 6 (organic flax seed oil) – Omega oils boost hydration, prevent acne *and* stave off wrinkles.

L-LYSINE – This amino acid helps to rebuild the collagen matrix.

CLEVER SCIENCE

Did you know that the synthesis of collagen is active until your early twenties, but production declines when you hit just 25? Skinade provides your body with the micronutrients needed to help re-build the collagen matrix (structure) in your skin. It's also easier than popping a pill – you'd have to take 20 large pills a day to get the same nutritional hit you get from the bottle. Each drink also has an 80-90 per cent absorption rate, compared to a tablet, which has a rate of about 30 to 40.

THE PERFECT HOLIDAY ACCOMPANIMENT

The easy-to-drink 150ml format of Skinade makes this supplement more convenient than most of the skincare you'll find in your beauty cabinet. The Skinade Travel 15ml Liquid Concentrate is even easier to take with you and is a suitcase essential for many globetrotting celebrities.

It's time to spread this exciting skincare secret...

Prices start from £66 for a 20-day travel course. For more information and to find your nearest stockist, visit skinade.com.

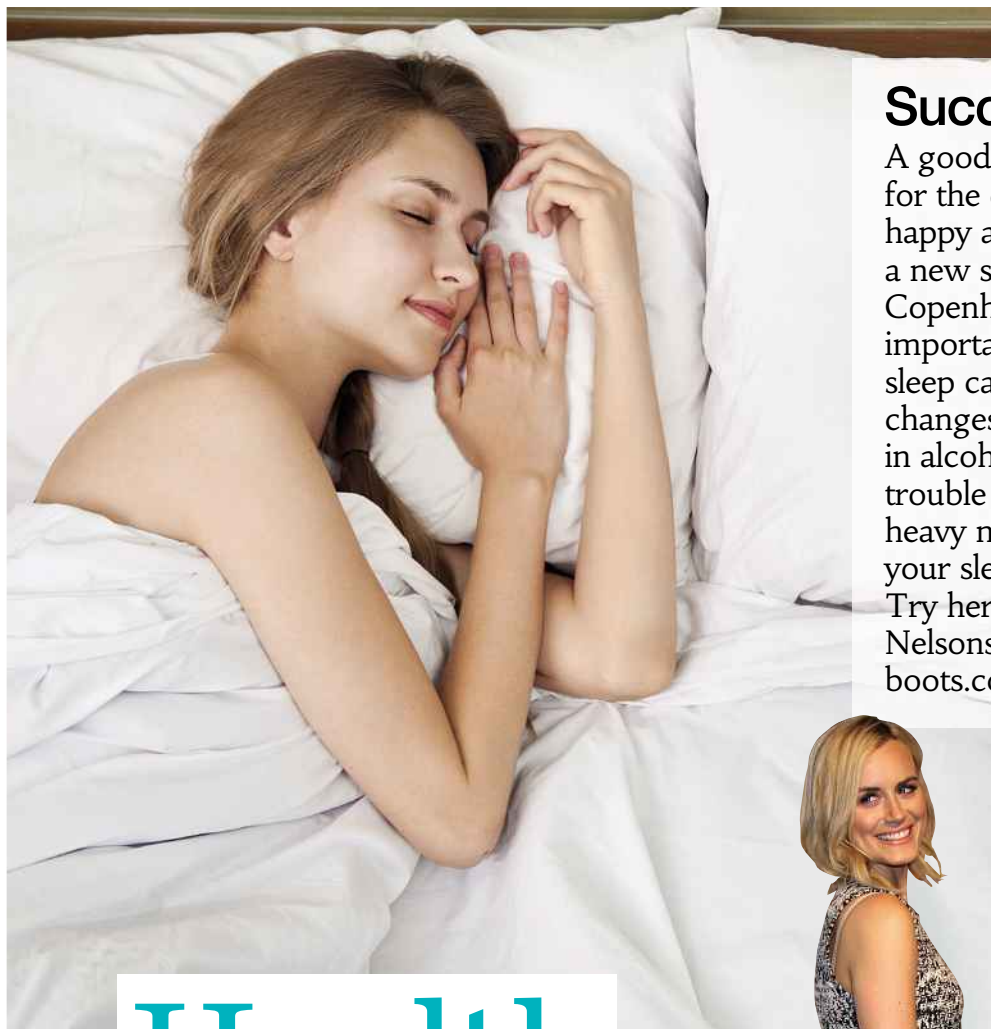
HEALTHY *You*

LATEST NEWS * MIND AND BODY * EXPERT ADVICE

Furry fitness

Need a boost to your health? It may come on four legs, if health and life insurer Vitality's research is anything to go by. Nearly half of dog owners (around 45 per cent) admit the primary reason for walking their dog is to benefit their health, and more than a third say that owning a pet has improved their overall health. Canine creatures really are a (wo)man's best friend...





Successful slumber

A good night's sleep gives you energy for the day and leaves you feeling happy and refreshed. On top of this, a new study from the University of Copenhagen suggests slumber is also important for future health, as poor sleep can lead to unhealthy lifestyle changes, such as inactivity and a rise in alcohol consumption. If you have trouble sleeping, avoid caffeine and heavy meals before bed and ensure your sleep environment is comfortable. Try herbal valerian or passiflora, or Nelsons Noctura (£5.99 for 72 tablets; boots.com), a homeopathic remedy.

Health NOTEBOOK

Your mind and body in the news



4.75

THE NUMBER OF DAYS' PRODUCTIVITY THAT HAYFEVER COSTS UK BUSINESSES EVERY SUMMER PER EMPLOYEE SUFFERING FROM ALLERGIES**

GO FISH

Among other benefits, people who regularly take fish oil can improve their response to acute sunburn. Try UnoCardio 1000 (£33.75 for 60 capsules; water-for-health.co.uk) a high-quality fish oil.



{ CELEBRITY QUOTE }

'I started doing yoga in college, so that has just become a staple of a self-care routine for my mind and my body.'

Taylor Schilling

EYE SPY

Half of optometrists fear an increase in processed food consumption will impact the nation's eye health over the next five to 10 years*. Stock up on the nutrients below.

WHAT?: Lutein and zeaxanthin.

WHY?: Enriches the macular pigment in the eye and protects against the effects of light exposure.

SOURCE: Green vegetables. Think kale, broccoli and asparagus.

WHAT?: Key vitamins, minerals and trace elements.

WHY?: Help protect cells from oxidative stress damage.

SOURCE: Foods rich in vitamin C and E, zinc, selenium and copper.

WHAT?: Omega-3 and essential fatty acids.

WHY?: Help maintain healthy vision, brain function and blood pressure.

SOURCE: Fish and nuts.

WHAT?: Resveratrol

WHY?: Helps protect against oxidative damage.

SOURCE: Pistachio nuts, grapes, blueberries, cranberries and dark chocolate.

Be exceptional.

Train to become a **Polestar** Pilates Mat Instructor



Do you want to discover a more **holistic** way to work with your clients?

Are you a fitness professional who wishes to **stand out** from the crowd?

Do you want to add another layer of **expertise** to your current knowledge base?

Develop the skills you need to change lives through movement.

Expand your knowledge, inspire others, and be unique.

Join us at the Polestar Pilates UK host centre, Body Fit Solutions, in beautiful Witney, Oxfordshire

September 18-20th

October 31st-November 1st

November 28-29th



TURN BAD STRESS GOOD

Stress is inevitable these days, but did you know you could harness its power for the better?



From work deadlines, to travel stress, school holidays and family issues – sometimes it's impossible to escape everyday tension. And you're not alone in your suffering. A study of 10,000 people by healthcare company Bupa discovered that 44 per cent of us suffer from long-term stress and a quarter of those surveyed had felt that way for a whole year. Most of us exert energy trying to reduce stress, but what if we've got our tactics all wrong? Author of new book *The Upside of Stress* (Vermilion, £12.99), Stanford lecturer and award-winning psychologist Dr Kelly McGonigal believes, harnessed correctly, stress can make you smarter, stronger and more successful. 'We've been brainwashed into believing feeling stressed out means we've screwed up, but that's not how life works,' she says. 'The point of embracing stress is to reduce suffering when you can't get rid of stress, which is a lot of the time,' adds McGonigal. Instead of beating stress, maybe it's time to manage it. Here's what you need to know.

THE GREAT STRESS MISCONCEPTION

You've had a hard day, so is your first instinct to reach for a glass of wine? 'One of the biggest mistakes people make when it comes to stress is suppressing their feelings by drinking, shopping or procrastinating,' says McGonigal. 'Instead, focus on coping strategies that deal with the source of stress, or support resilience and growth,' (see right). On top of trying to hide feelings of tension, one important aspect of realigning your mindset to cope with stress is appreciating that having a stress-free life is a myth. 'It's not realistic to think you can have children and won't experience stress or be in a relationship and not have any conflict – this fantasy actually increases our stress about stress,' she says.

How you perceive stress is an idea that has plenty of scientific backing. A study from the University of Wisconsin asked 29,000 people to rate their stress. Those who believed it to have a negative impact on their health had a 43 per cent increased risk of death, while those who experienced the same amount of stress but thought the opposite were the least likely to die out of everyone in the study.

IT'S HOW YOUR BRAIN IS WIRED

The ability to learn from stress, to an extent, is built into your basic biology. 'For several hours after you have a strong stress response, the brain is rewiring itself to remember and learn from the experience,' says McGonigal. 'Stress increases neuroplasticity (the brain's ability to form neural pathways based on experience), and triggers the release of hormones to help your brain grow stronger.'

Psychologists call the process of growing through a difficult experience stress inoculation. 'Going through this gives your body and brain a stress vaccine, which is why NASA, emergency services and elite athletes practice stress as a key training technique,' she adds. A University of California study also backs this notion that short surges of stress may benefit cognitive function and even make you physically healthier. The research showed that while giving a speech, women who found the task moderately stressful had lower levels of cellular damage than those who didn't find the task stressful. 'It's like weightlifting, where you build muscles over time – as long as there's time to recover in between, short

bursts of psychological stress might allow you to become stronger,' says lead researcher, Kirstin Aschbacher. Look out stress, we're coming for you...

READDRESS YOUR STRESS

1 SWITCH UP YOUR MINDSET
According to McGonigal, the most important technique in managing stress is recognising that it's a resource to help you with a challenge. 'Instead of viewing stress as a fixed and toxic state, use these feelings as a starting point or form of energy,' she says.

2 WORK OUT THE SOURCE OF YOUR STRESS
Do you actually care about the source of the stress? If it's something menial or unimportant, such as getting impatient with someone in a queue or annoying travel chaos, it's easier to dissolve the tension. 'It's about meaning – if the source of your stress stems from a relationship, for example, bickering with a loved one, or something you care about, you can approach it in a more positive way,' says McGonigal.

3 TRANSFORM 'OVERWHELMED' INTO 'HOPEFUL'
Swamped by deadlines, meetings and projects before you can switch on your 'out of office'? McGonigal suggests doing something for someone else. 'Even if you feel you don't have time, do it anyway – your brain's reward system will get a big boost, and being generous can have unexpectedly large effects on how you experience stress.'

4 DON'T DO IT ALONE
From school-holiday stress to that 'back-to-work' feeling, one of the key resources in managing tension is talking to someone, such as other parents or colleagues. McGonigal explains that 'expressive helping' is infectious and talking about your experience encourages others to be resilient and creates a support community. And try not to vent. 'You're likely to trigger contagious stress, rather than compassion,' she says.

5 SEE THE GOOD IN THE BAD
Even when the stressful time is over, you can still use it to your advantage. Recognise how strong you've been, how appreciative you are and the social connections you've made since the experience, says McGonigal. ■

actionforcharity



women **V** cancer **RIDE THE NIGHT**

SATURDAY 28 MAY 2016

Cycle 100km through London
at night and raise funds to
fight women's cancers.



For more information and to register online:

www.ridethenight.co.uk

01590 677854

events@actionforcharity.co.uk

**PLACES
LIMITED**

**breast
cancer
care**

**Jo's cervical
cancer trust**

**ovarian
cancer action**

TO TAKE PART YOU NEED TO PAY A REGISTRATION FEE OF £39 AND RAISE MINIMUM SPONSORSHIP OF £199.

Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369

**action
for charity**
lifechangingevents

THE EIGHT FRIENDS YOU *really* need

You'll be happier and more confident if you have these people in your life, says **Charlotte Haigh MacNeil**

Here's a fact: friendship is good for you. And while all friendships are beneficial, Tom Rath, author of *Vital Friends: The People You Can't Afford to Live Without* (Gallup Press, £13.99), identified eight particular types of friends you need.

Whoever else is in your friendship circle, if you want a happy, fulfilling life, you should make sure these types of pals appear:

1. THE BUILDER

Who is she? This is the friend who always invests in your development but doesn't compete with you. She'll help you with your CV and offers honest feedback whenever you ask for it. She's a great encourager.

How she helps you: You know you can rely on her for constructive criticism. She helps you become a better person.

2. THE CHAMPION

Who is she? The friend who is proud of your success and sings your praises. She can always see the positives in you, and if you feel you've failed at something, she's there to remind you of what you did right.

How she helps you: She makes you feel good about yourself, boosting your self-esteem and ensuring your voice is heard.

3. THE COLLABORATOR

Who is she? Your collaborator is on the same life path as you. You have shared interests and when you chat it's as equals. You relate to her very well because you have such similar tastes.

How she helps you: The collaborator helps you feel understood and accepted.



And as you have such similar likes and dislikes, this is often a fun friendship, too.

4. THE COMPANION

Who is she? A companion is there for you in good times and bad. She's the first person you turn to in times of trouble. Having been through big things together, you've forged a virtually unbreakable bond.

How she helps you: She's your shoulder to cry on and you can rely on her not to judge – she'll help you with anything.

5. THE CONNECTOR

Who is she? This is usually a very well connected acquaintance who can help you out when you need something – or someone. She's the sort of person who thrives on making new contacts.

How she helps you: You never know who you'll meet through her. She can help link you up with a date or a new job, and she is always interesting company.

6. THE ENERGISER

Who is she? This is your upbeat, fun-loving friend who always seems to guarantee an enjoyable day or night out.

Even if you're not in the mood for a night out, you'll feel better after seeing her.

How she helps you: When you need to live it up and de-stress, she'll show you how. You keep it light with her, and sometimes that's just what you need.

7. THE MIND OPENER

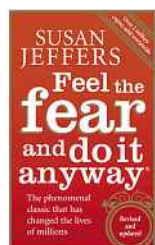
Who is she? When things are in danger of becoming predictable and you need to embrace new opportunities or step outside your comfort zone, this is the person you turn to. She's one of life's experimenters.

How she helps you: Mind openers broaden your horizons socially, culturally and creatively. She encourages you to try new things, which boosts your confidence.

8. THE NAVIGATOR

Who is she? This is the friend you turn to when you need advice on where to go and how to get there. She'll talk you through the advantages and disadvantages and help you find the best outcome.

How she helps you: She helps you feel confident in your decision-making, and points out your strengths and weaknesses so you can get where you want to be in life.



BE MORE DARING

Each issue, we'll be bringing you the best advice from self-help classics. This month, it's *Feel The Fear and Do It Anyway* by Susan Jeffers (Vermilion, £12.99).

In a nutshell: The book explains that everyone feels nervous in new

situations – but that going ahead and trying what scares you is the only way to gain more confidence. Even if things don't go as you'd hoped, you will be able to handle the outcome. It also points out that the fear of not achieving what you'd hoped is worse than that involved with taking risks.

A nugget: 'Every time you encounter a situation that forces you to "handle it", your self-esteem will be raised considerably. You learn to trust that you will survive, no matter what happens. And, in this way, your fears are diminished immeasurably.' Sounds good to us.

viridian

The leading brand of ethical vitamins

100% Organic Liquid Iron

A tonic of organic plant infusions, fruit extracts,
honey and arctic wrack seaweed.



20mg
OF IRON
IN EVERY
DELICIOUS
SERVING

PURITY · CHARITY · ENVIRONMENT

For your nearest specialist health store visit viridian-nutrition.com

Food supplements should not be used as a substitute for a varied and balanced diet.

BEAUTY WITH A HEART

Beauty purchases with a philanthropic touch make us feel good inside and out, so we're stocking up on Murad Rapid Collagen Infusion (£65 for 30ml; murad.co.uk), as £10 from each hydration-infusing serum will go to The Prince's Trust, which helps disadvantaged young people. To celebrate 35 years in the business, haircare brand Paul Mitchell has launched great-value, limited edition Bonus Bags (£20.50 for two 300ml products; feelunique.com) that offer a donation to Pancreatic Cancer UK. Happy shopping.



WORDS: Yanar Alkayat PHOTOGRAPHY: Thinkstock



Beauty NOTEBOOK

Look your best with the latest products

{CELEBRITY FAVOURITE}

'Believe the hype – great for my skin. I love these!'

Actress, Lindsay Lohan



Nip + Fab Glycolic Fix Exfoliating Facial Pads, £12.95 for 60 pads; Boots

WE LOVE: Vaniday – a new place to find and book beauty, hair and wellbeing experts near you; vaniday.co.uk.



of the best...
UV
PROTECTORS
FOR HAIR

GREEN PEOPLE SUN & SPORTS SHAMPOO,
£9.99 for 100ml;
greenpeople.co.uk

Organic avocado, plant proteins, jojoba and artichoke are the magic ingredients that help prevent damage from sun, sea and chlorine.

PHYTOPLAGE HIGH PROTECTION SUN OIL,
£16 for 100ml; garden.co.uk
Protect your colour and condition your locks with this cult hair oil that still boasts its original 1974 formula using olive wax.

SACHAJUAN HAIR AFTER THE SUN, £20 for 125ml;
feelunique.com
Reconstruct hair post-sun with a rich mask packed with ocean algae and plant proteins.



LESS IS MORE

Did you think the phrase 'free from' just applied to food products? Here's why it can help your skin too

What do you do if you love beauty products but have sensitive skin? Reading the labels can be arduous, and understanding ingredients can seem impossible without a chemistry degree. That's where the FreeFrom SkinCare Awards can help. Now in its fourth year, the aim, says awards co-founder and coordinator, Alex Gazzola, is to recognise products that maintain and enhance the health of your skin. 'We see the awards as health awards as much as we see them as beauty awards,' he says.

People with food allergies may have sensitivities to skincare products that contain food allergens such as nut oils, sesame oils and soya, and sometimes even dairy and grains. 'People may also be sensitive to fragrance chemicals such as limonene, or preservatives such as MIT (methylisothiazolinone),' says Gazzola. 'Others may wish to use free-from skincare for ethical reasons, such as avoiding ingredients derived from the petrochemical industry, or from unsustainable palm oil. There are also personal reasons, such as vegans avoiding beeswax or lanolin, or those with religious sensibilities wishing to avoid alcohol.'

This year's awards unveiled interesting smaller brands (see Bathing Beauty and Lyonsleaf below), some up-and-coming

ones to watch (try Zk'in) as well as trusted favourites Green People and Neal's Yard Remedies (shortlisted for five products this year). All of the following are free from parabens, using natural essential oils to preserve instead.

FREE-FROM MUST-HAVES

1. Zk'in Purifying Cleansing Gel, £15.95 for 100ml; lovelula.com

This gel cleanser is great for oily or spot-prone skins. It's made with organic aloe vera juice instead of water to soothe your skin and is free from animal-derived ingredients, sulphates and petrochemicals.

2. Lyonsleaf Calendula Cream, £8.99 for 30ml; lyonsleaf.co.uk

Struggling with eczema, psoriasis or problem skin? Try this award-winning cream that uses anti-inflammatory calendula. The water-free formula means no preservatives are needed – it's also free from emulsifiers and artificial ingredients.

3. Odylique Gentle Herb Shampoo, £11 for 200ml; odylique.co.uk

Ideal for sensitive scalps, this shampoo is

free from ingredients such as sodium lauryl sulphate and ammonium lauryl sulphate and full of coconut oil, chamomile and aloe vera juice. It leaves your hair feeling soft and bouncy for several days. It's also free from wheat, dairy, soy and nut oils.

4. Weleda Wild Rose Cream Bath, £12.95 for 100ml; weleda.co.uk

This Weleda bestseller makes a nourishing, relaxing bath, thanks to natural oils from organic jojoba, olive oil and musk rose.

Wherever possible, all Weleda products are made using raw materials from biodynamic farming processes and free from synthetic fragrances, preservatives and chemicals.

5. Bathing Beauty POP Effervescent Foot Reviving Tablet, £2.40 for one; sophiaschoice.co.uk

This new brand, by an ex-fashion model, stands out for its minimalism (made with bicarbonate, peppermint, witch hazel and tea tree oils) and affordability. Simple and effective. Free from perfumes, colour, preservatives, alcohol, sulphates and more.

6. All Natural Soap Co. Castile Olive Oil Soaps; £2.95 for 115g; allnaturalsoap.co.uk

Handmade in the UK with a truly ethical touch, this range of soap is biodegradable, palm oil-free, cruelty-free and made using environmentally conscious, energy-efficient processes. Choose one to suit you.

GOING 'FREE-FROM'

If you have sensitive skin, fragrance- and sulphate-free products may be worth a try to see if they minimise irritation.

If you have food allergies, find out what the food is in Latin to help you understand the root of the ingredients.

Take time to read labels – and look for 'free from' labelling.





NEW AFTER SUN from UVISTAT

Evening Protect

Skin Repairing
Moisturiser
with SPF20

Don't forget, late afternoon and early evening UVA levels still require sun protection.

Cooling,
Soothing,
Moisturising,
Anti Ageing,
Fragrance Free,
10% Aloe Vera



All year protection for your lips, nothing works like Uvistat

Uvistat Lipscreen is the only SPF 50 Lipscreen containing Vitamin E and Tea Tree Oil. The moisturising balm helps prevent lips from becoming dry and chapped.

With the lips being the area of the body with the least layers of skin, extra care should be taken all year round.

- Vitamin E, helps repair sun damaged skin and prevent premature ageing
- Contains Tea Tree Oil, helps protect against cold sores
- UVA and UVB protection
- Helps protect against chapped lips
- Moisturises & hydrates

Yorkshire County
Cricket and England
International
Wicket Keeper



**THE ONLY
SPF 50
LIPSCREEN**
with Vitamin E
& Tea Tree Oil

AVAILABLE in PHARMACY

www.uvistat.com
also www.lipscreen.co.uk

Jonny Bairstow
Sun Protected by Uvistat

Available from



Superdrug



thehealthcounter.com™



In association
with the



Health & Fitness ORDER FORM

☒ **YES!** Please start my subscription to *Health & Fitness* with 3 issues for £3

I understand that my subscription will continue after my introductory period at the low rate selected below. If I'm not completely satisfied with *Health & Fitness* I understand that I can cancel within my 3-issue subscription period and no further money will be debited from my account. The 3 issues are mine to keep, whatever I decide.

MR/MRS/MS FORENAME
SURNAME
ADDRESS
POSTCODE
DAYTIME PHONE YEAR OF BIRTH
MOBILE NO
E-MAIL

DIRECT DEBIT PAYMENT

- ☐ **Print only edition** – 3 issues for £3 then £14.99 every 6 issues (save 32% on the shop price)
- ☐ **Print + Digital edition** – 3 issues for £3 then £18.99 every 6 issues (save 32% on the shop price and 77% on digital access)

Dennis Instruction to your Bank or Building Society to pay by Direct Debit

Name and full postal address of your Bank or Building Society

To the manager: Bank name
Address
Postcode

Originator's Identification Number
7 2 4 6 8 0

Instructions to your Bank or Building Society
Please pay Dennis Publishing Ltd. Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Dennis Publishing Ltd. and, if so, details will be passed electronically to my Bank/Building Society.

Account in the name(s) of
Branch sort code
Bank/Building Society account number

Signature(s)
Date

Banks and building societies may not accept Direct Debit instructions for some types of account.

PLEASE RETURN TO:

Freepost RLZS-ETGT-BCZR,
Health & Fitness Subscriptions,
800 Guillat Avenue,
Kent Science Park,
Sittingbourne ME9 8GU

You will be able to view your subscription details online at **ManageMyMags.co.uk**
Calls will cost 7p per minute plus your telephone company's access charge.

Dennis Publishing (UK) Ltd uses a layered Privacy Notice, giving you brief details about how we would like to use your personal information. For full details please visit our website www.dennis.co.uk/privacy/ or call us on 01795 592 910. If you have any questions please ask as submitting your details indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email and SMS. You can opt-out at ANY time via ManageMyMags.co.uk or privacy@dennis.co.uk or 01795 592 910.

Quote code **D1510P** for Print only edition OR

Quote code **D1510B** for Print + Digital edition

Choose your SUBSCRIPTION PACKAGE:



THE WHOLE PACKAGE

£3

- 3 issues of the printed magazine and the digital magazine
- Every issue delivered direct to your door
- Save 32% on the shop price of the printed magazine and 77% on digital access if you choose to continue your subscription

Visit dennismags.co.uk/healthandfitness quoting offer code **D1510B**



THE PRINT PACKAGE

£3

- 3 issues of the printed magazine
- Every issue delivered direct to your door
- Save 32% on the shop price of the printed magazine

Visit dennismags.co.uk/healthandfitness quoting offer code **D1510P**

3 ISSUES
FOR JUST
£3



PHOTOGRAPHY: Ian Derry



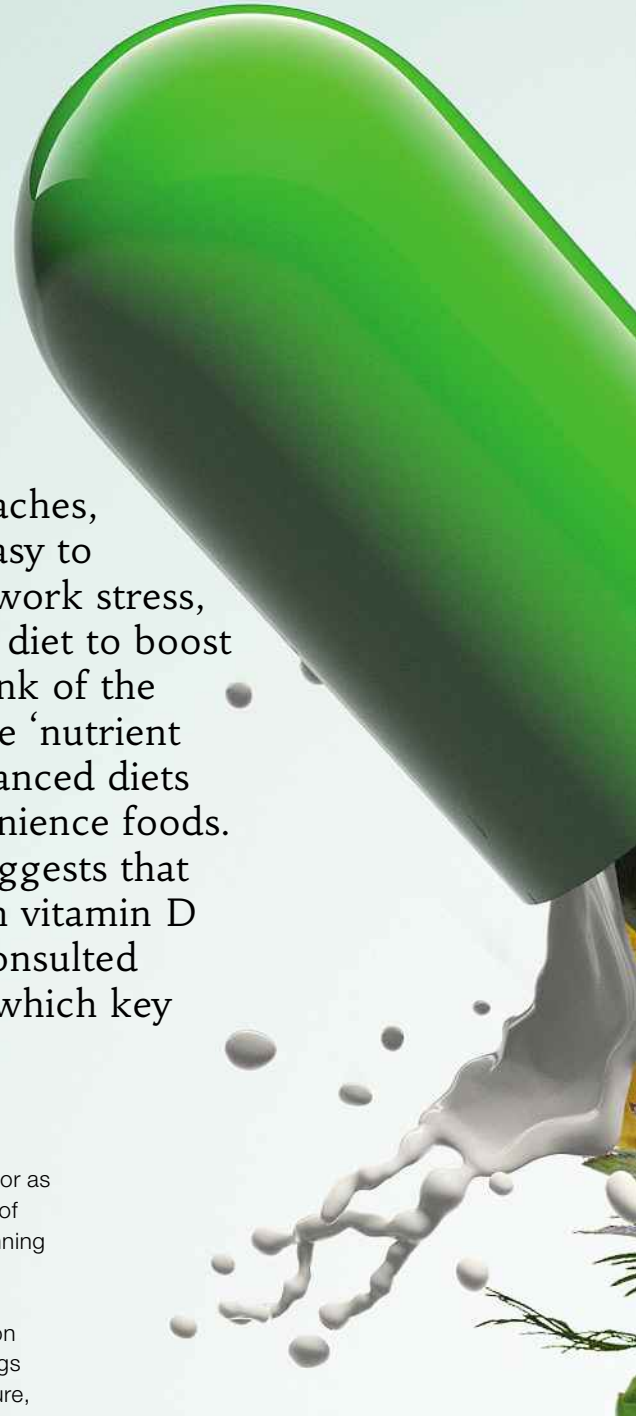
ORDER ONLINE AT

dennismags.co.uk/healthandfitness or

Call 0844 499 1763*

quoting code **D1510P** for Print only OR quoting code **D1510B** for Print + Digital

*Calls will cost 7p per minute plus your telephone company's access charge.



Do you ever suffer from nagging symptoms such as fatigue, headaches, cramps or bloating? While it's easy to blame these things on a bug or work stress, you could try switching up your diet to boost your defences. A significant chunk of the nation, particularly those aged 35-54, experience 'nutrient gap years' according to new research*, with balanced diets being undermined by hectic lifestyles and convenience foods. The National Diet and Nutrition Survey even suggests that one in five adults aged 19 to 64 is so deficient in vitamin D that they're at risk of weakened bones. We've consulted nutritionists in the know to help us understand which key nutrients might be missing from our diet.

THE D DEFICIT

Immunity and irritability

The lowdown: If you easily catch colds or bugs, have achy bones or experience mood swings – particularly in the winter months – then vitamin D might be lacking from your diet. 'This vitamin is important for your immunity, bone health and is linked to seasonal sadness,' explains Marianna Sulic, Nutritional Therapist at Live Pure Nutrition (livepurenutrition.com) and Udo's Choice (udoschoice.co.uk). 'Recent medical research has also suggested it plays a part in many chronic conditions such as Alzheimer's, dementia and cardiovascular disease.'

Risk factor: People of all ages are at risk of a Vitamin D deficiency, but especially those who sit at a desk all day with no time outdoors. People of Caucasian origin have skin that's better at absorbing the vitamin than people who have darker complexions because skin pigment acts as a natural sunscreen. Another group at risk are vegans – most foods rich in Vitamin D come from animals.

Fix it: 'Getting tested for a deficiency is free on the NHS, but you have to go to your doctor with symptoms,' explains Sulic.

'Private doctors also provide testing for as little as £20.' Getting your daily dose of Vitamin D might be as simple as shunning SPF for a small amount of time. 'You can't absorb Vitamin D through good sunscreen,' says Sulic. 'So put SPF on your face, but leave your arms and legs bare for 15-20 minutes of sun exposure, avoiding peak UV time in the middle of the day, then go back indoors and apply sun cream to the parts you left bare.'

Boost it: The sun is the best source of Vitamin D but you can give yourself a boost with certain foods. 'Try adding more oily fish, eggs and dairy, which contain D3 (the active form of the vitamin) to your diet,' recommends Sulic.

THE IRON EQUATION

Tiredness and shortness of breath

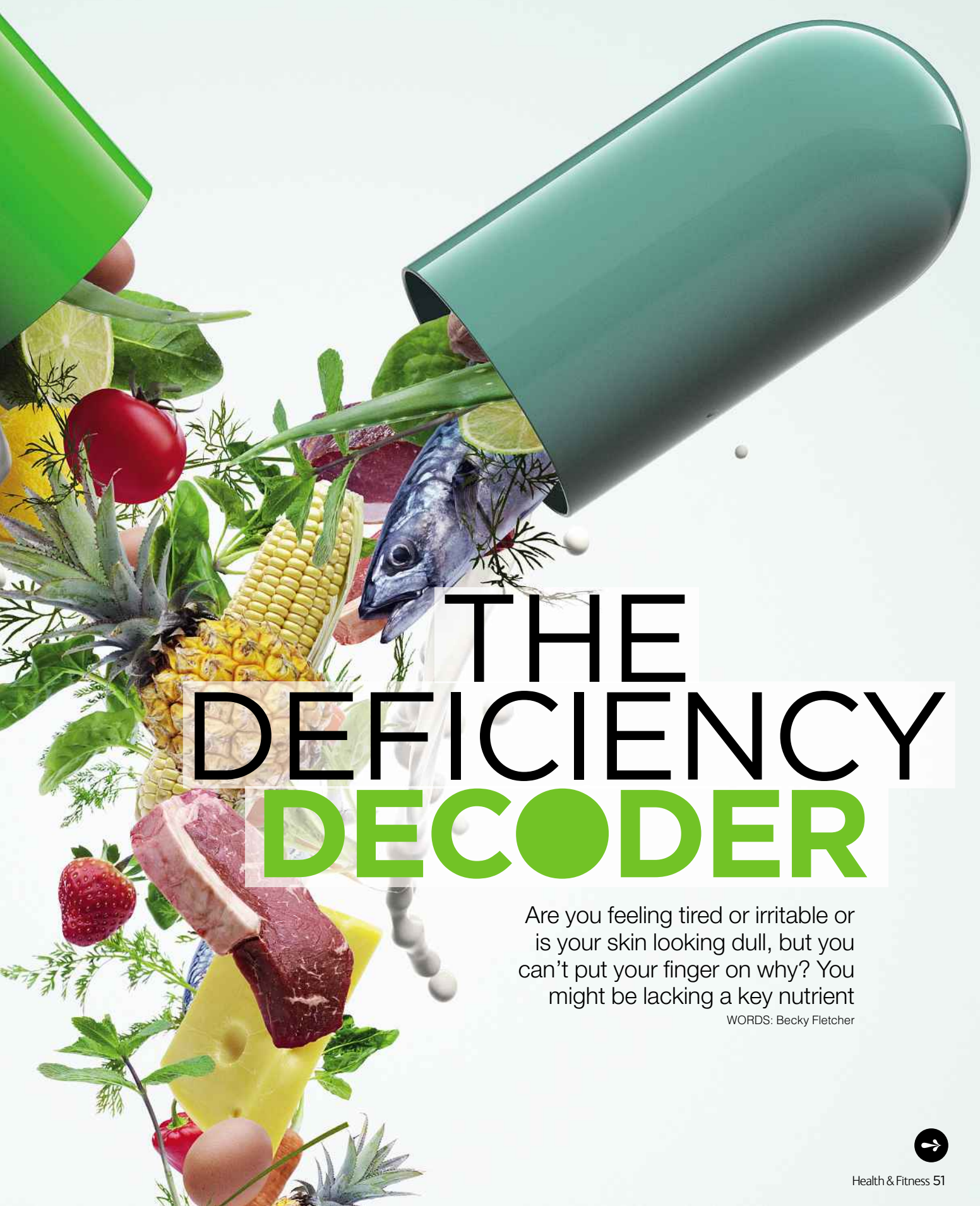
The lowdown: Tired no matter how many matchas or coffees you've guzzled? You might be low in iron. 'It's essential for producing haemoglobin – a protein that helps red blood cells deliver oxygen throughout your body – and if you don't have enough, it can make you feel fatigued,' says Sulic. Irregular heart beat and getting short of breath are also

knock-on effects of an iron-depleted body. Another sign to look out for is being pale – being anaemic can suck the colour from your cheeks. 'Pull your bottom eyelid away from the eyeball, if it's pale in colour, it might be an indicator of an iron deficiency,' advises Sulic.

Risk factor: Vegetarians and vegans are more likely to be iron deficient (although it's possible to get your iron needs if you balance your diet carefully) because the most absorbable type of the mineral comes from meat. Unsurprisingly, women are also more at risk because of their menstrual cycle.

Fix it: Red meat and offal are rich in iron, but if you're a vegetarian, eat dark leafy green vegetables, lentils, figs, kidney beans, quinoa, chickpeas and soybeans.

Boost it: Because iron from plant-based foods isn't as easily absorbed as it is from



THE DEFICIENCY DECODER

Are you feeling tired or irritable or is your skin looking dull, but you can't put your finger on why? You might be lacking a key nutrient

WORDS: Becky Fletcher



STAYING ACTIVE?

Here's what you need to know...

We all know being fit and active is good for your body, but you need to consider what you might be losing in the process. 'Exercise stresses the body,' explains Sulic. 'So it uses up vitamins and minerals in the process, particularly vitamins A, B5 and B6, C and E and electrolytes such as sodium, potassium and magnesium.' Sulic recommends eating plenty of vegetables (half a plate with each meal or seven portions a day) and plenty of healthy fats.



meat, Sulic recommends combining spinach, kale or other sources of iron with a squeeze of lemon. 'It maximises your body's ability to absorb the mineral and is tasty,' she says. As with any deficiency, Sulic advises getting tested before you take action, but especially with iron. 'Excessive iron oxidises in the body and is linked to cardiovascular disease. For a gentle iron boost, try Spatone Liquid Iron Supplement Delicious Apple Taste with Vitamin C (28 sachets for £10.75; boots.com).'

Z-LIST ZINC

A loss of appetite and poor skin health

The lowdown: A loss of appetite and suppressed immunity might be a sign of low zinc. 'As well as being essential for cell activity, zinc is also necessary for skin health,' explains Sulic. 'Whether you've noticed it's taken longer for wounds to heal or an increase in cellulite or acne – especially the latter – a zinc deficiency may have played a part.'

Risk factor: If you have gastrointestinal problems, you may have more difficulty absorbing zinc. 'Hydrochloric acid (or stomach acid) is critical for good digestion and zinc is dependent on it for uptake. This acid declines as we get older, so the elderly might also be at risk of a zinc deficiency,' says Sulic.

Fix it: A balanced diet is enough to ensure you're getting your quota of zinc, but try adding more fish and shellfish to your diet, with plenty of nuts, such as cashews and seeds such as pumpkin, sunflower, chia or flaxseed. 'Avoid processed foods and don't eat too many takeaways,' recommends Sulic.

Boost it: 'Caffeine contains a compound that binds to calcium, magnesium, zinc and iron, and will bind itself to the mineral – especially in foods rich in oxalates, such as green leafy vegetables – and excrete it out before it gets absorbed in your body, so keep your coffee or tea intake to a minimum, for example just one or two cups a day,' says Sulic.



THE POTASSIUM PROBLEM

Muscle weakness and bone fragility

The lowdown: Potassium has many jobs, from conducting nerve impulses and muscle contractions to keeping blood pressure in check. Symptoms of low levels of potassium include muscle weakness, bone fragility, weight loss and an irregular heartbeat.

Risk factor: People who do lots of exercise could be more at risk of being potassium deficient. 'Potassium is an electrolyte and might be used up quickly with excessive exercise,' explains Sulic. 'If you're not replacing what you've lost through sweating, you're enhancing the chances of a deficiency.' Sulic adds that people suffering from adrenal stress, excessive diarrhoea or urinating more frequently might also lack potassium.

Fix it: 'Most vegetables have potassium in them,' says Sulic. 'But try adding more potassium-rich foods to your diet, such as avocados; nuts such as almonds, cashews and pecans; sardines; sunflower seeds and raisins.' If you're doing lots of exercise in the heat, replace lost electrolytes with a drink, tablet or powder, Sulic advises.

Boost it: Avoid excess salt, coffee, tea and alcohol as these can help leach potassium from your body.

A B12 SHORTAGE

Extreme tiredness and poor memory

The lowdown: Essential for red blood cell production, a deficit in vitamin B12 can cause anaemia and tiredness, shortness of breath and palpitations. The vitamin is also crucial for a healthy nervous system. 'Anaemia is commonly associated with an

iron deficiency, but B12 and folic acid deficiencies can also cause it,' says Sulic. 'If you're suffering from fatigue, get your levels checked for all three and check with your doctor it's definitely a deficiency and not something else.'

Risk factor: Vegans are more likely to be deficient in B12, because B12-rich sources are mainly animal-based. People over the aged of 50 may also find it more difficult to absorb enough B12 through foods. Absorption might be disrupted by a lack of stomach acid and poor digestive health.

Fix it: You'll find vitamin B12 in eggs, fish, liver, fortified cereals, red meat and dairy products. Vegans can find B12 in fortified soy products and yeast extract spreads.

Boost it: 'Replenish the good bacteria in your gut or boost digestion with Udo's Choice Digestive Enzyme Blend (£19.99 for 60 caps; udoschoice.co.uk) and avoid alcohol and antibiotics, where possible, as they can irritate your stomach,' says Sulic.

MAGNESIUM DEBIT

Tiredness, muscle cramps, insomnia and headaches

The lowdown: It's dubbed the 'invisible deficiency' because it's not always easy to spot the symptoms of magnesium deficiency – tiredness, muscle cramps, insomnia, headaches, IBS, heart palpitations and irritability – so it's often mistaken for something else. Henrietta Norton, co-founder of food-state brand Wild Nutrition (wildnutrition.com), explains that this powerful mineral is responsible for over 300 enzyme reactions in your body. 'In emergency medicine, magnesium is given all the time, to pregnant women with pre-eclampsia or arrhythmia for example,'

she says. 'However, in palliative medicine, magnesium is commonly overlooked, despite its central role in energy metabolism, healthy bones and teeth, the reduction of fatigue and even anxiety and stress.'

Risk factor: 11 per cent of women have inadequate levels of this mineral, according to the National Diet and Nutrition Survey. Shop-bought lunches, processed grains, meat and dairy might hamper your chances of having sufficient magnesium levels. 'Alcohol, stress, coffee, sweating, digestive ill health, parasitic infection, heavy menstruation, laxatives, diuretics, antacids and the contraceptive Pill could all reduce our magnesium store,' says Norton.

Fix it: Bypass the serum magnesium test (the least sensitive way to detect a drop in total magnesium) and look for a test that measures red blood cell magnesium. 'This will tell you how much magnesium is reaching your body tissue,' explains Norton. 'Nourish yourself with magnesium-rich foods including pumpkin seeds, almonds, walnuts, wheat germ, oats, millet, buckwheat, avocado, barley, brown rice, kelp, collard greens, kale, figs and dates. If anxiety, menstrual cramps, sleep problems or stress are

ongoing concerns for you, supplementing your healthy diet with a food form of magnesium such as Wild Nutrition's Food-State Magnesium (£16.50 for 60 capsules; wildnutrition.com) may support you further. Or try BetterYou's Magnesium Oil Original Spray (£12.20 for 100ml; betteryou.com). Spray it onto your skin for easy absorption.

Boost it: 'To effectively absorb magnesium, you need adequate levels of vitamin B6 and vitamin D as well as the trace mineral, selenium,' says Norton. ■

11 per cent of women have inadequate levels of magnesium, according to the National Diet and Nutrition Survey.

QUICK BODY BOOSTERS

FOLLOWING A 'FREE-FROM' DIET?

Gone gluten-free? Boost fibre, iron and folic acid by eating beans, fruit, green leafy veg, asparagus, beetroot and lentils. Boost calcium in a dairy-free diet with green leafy veg, almonds, tahini and algae. Try Organic Spirulina Powder, £14.99 for 200g; kaisenliving.co.uk.



INSUFFICIENT IODINE

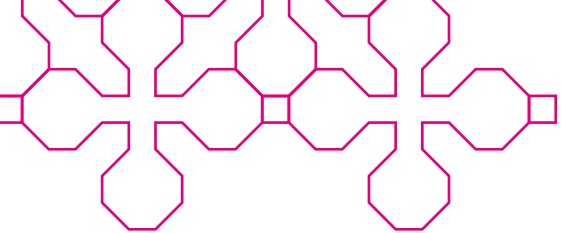
According to the British Dietetic Association, many British women aren't getting enough iodine. Essential for wellbeing (energy and immunity) and an effective metabolism, iodine levels can be boosted with seaweed. Try itsu Seaweed Thins (£1.89 for 3 packs; ocado.com).



SKIN AND HAIR LOVING MINERALS

'Skin and hair both benefit from similar vitamins and minerals,' says Sulic. 'Up your intake of essential fatty acids (omega 3 and 6), vitamins A, C and E, plus selenium and zinc.' Try Perfectil Plus Skin (£17.99 for 56 tablets; Boots) to boost your dietary intake of nutrients.





Are you finding it hard to shift excess weight no matter how often you exercise? Is your skin beginning to show the signs of ageing or your memory lagging? If you're over 30, your metabolic clock is slowing down and it's time to take control, claims Dr Caroline Apovian, author of new book *The Age-Defying Diet* (Orion, £12.99). As you age, natural muscle loss and hormonal changes cause your metabolism to slow, creating a range of age-related symptoms, says Dr Apovian, co-director of the Nutrition and Metabolic Support Service at Boston University Medical Centre.

The good news is Dr Apovian has created a 21-day diet plan that promises to reboot your metabolism and outsmart the ageing process, helping you lose weight and feel your best. Unlike other diets that slow your metabolism, the Age-Defying Diet is designed to reverse your metabolic clock with foods that balance your hormones, helping you drop 20lbs in three weeks and could add years to your life.

Avoid a metabolic meltdown

Your metabolism is your body's fat-burning engine, and it uses hormones and enzymes to convert the food that you eat into fuel. The rate at which your body burns that fuel determines the efficiency of every function your body performs. As you get older, so too does your metabolism and, in fact, it ages faster than your chronological age. Pretty scary, eh?

By the time you hit your 30s, your metabolism naturally falls, thanks to hormonal changes that mean lean muscle tissue starts to decline, usually at a rate of around one per cent per year. Unfortunately, the bad news doesn't stop there. When you reach your mid-40s, this process speeds up due to a natural drop in oestrogen levels. Lost muscle mass is replaced by fat, which usually accumulates around the midsection, hips and thighs

“A series of smart steps can balance your hormones and add years to your life...”



and, by the time you're 45, you're burning about 200 fewer calories per day than you did when you were 25 – which only adds to the problem. Bear that in mind when you reach for that second teatime biscuit!

'Muscle burns more calories than fat, so the greater your muscle mass, the higher your metabolism,' says Dr Apovian. 'Losing five pounds of muscle means five pounds of fat will replace it. A five-pound addition doesn't sound dramatic but combine it with hormonal changes and you're on track for metabolism meltdown.' And the body fat doesn't just show up on

the scales. 'It dramatically changes the shape of your body and your wellbeing,' says Dr Apovian. 'That additional fat makes you feel hungry, tired and sluggish.'

So that's the bad news. Fortunately there's good news too. By taking a series of smart steps to reboot your metabolism, you can reverse your metabolic clock – melting away excess weight and stubborn wobbles, plus dramatically optimising skin health and boosting your mood. Dr Apovian's science-backed Metabolism Reboot plan is designed to shift your metabolism up a gear, and converts claim



Outsmart your **METABOLISM!**

Reversing your metabolic clock could be the secret to boosting weight loss and warding off wrinkles. Tick, tock, tick tock...

WORDS: Louise Pyne

What's your metabolic age?

Take our quiz. Add or subtract the number by your answers to (or from) your chronological age to find out your metabolic age



FIRST, USE AN ONLINE CALCULATOR TO WORK OUT YOUR BMI (BODY MASS INDEX)

- If your BMI is: 18 to 22, subtract 2
- If your BMI is: 22 to 25, subtract 1
- If your BMI is: 25 to 27, add 0
- If your BMI is: 27 to 30, add 2
- If your BMI is: 30 to 35, add 4
- If your BMI is: 35 to 40, add 6
- If your BMI is: over 40, add 8.2



WHAT SHAPE IS YOUR BODY?

- If you're shaped like an apple or a rectangle, add 2
- If you're shaped like a pear or an hourglass, subtract 1



DO YOU HAVE TYPE 2 DIABETES?

- If yes (fasting blood glucose greater than 100) or if you take medication for Type 2 diabetes, add 2



DO YOU HAVE HIGH BLOOD PRESSURE?

- If yes (blood pressure greater than or equal to 140/90), the doctor told you that you need medication, and/or you are on medication, add 3



DO YOU HAVE HIGH BLOOD LIPIDS OR CHOLESTEROL?

- If yes (LDL cholesterol greater than or equal to 160 or HDL less than 35) or you take medication, add 3



DO YOU SMOKE TOBACCO?

- If the answer is yes, add 8



HOW MANY ALCOHOLIC BEVERAGES DO YOU DRINK EVERY DAY?

- If you're a woman who drinks more than 1 drink a day, add 4
- If you're a man who drinks more than 2 drinks a day, add 4



HOW MANY SERVINGS OF FRUITS AND VEGETABLES DO YOU EAT EVERY DAY?

- If you eat fewer than 2 servings of fruits and vegetables per day, add 2
- If you eat 2 to 4 servings of fruits and vegetables per day, add 1
- If you eat 4 to 6 servings of fruits and vegetables per day, subtract 1
- If you eat 6 to 8 servings of fruits and vegetables per day, subtract 2
- If you eat more than 8 servings of fruits and vegetables per day, subtract 3



HOW OFTEN DO YOU EXERCISE?

- If you never exercise, add 2
- If you exercise 1 to 2 times per week, subtract 1
- If you exercise 3 to 4 times per week, subtract 2
- If you exercise 5 to 7 times per week, subtract 4



HOW MUCH WATER OR OTHER LIQUIDS THAT CONTAIN NO CALORIES DO YOU DRINK EVERY DAY?

- If you are a woman and you drink 7 or more glasses of water or other liquids that have no calories per day, subtract 2

they see increased vitality in just weeks. Her combination of protein-rich smoothies, intermittent fasting and strength-training moves, help you build lean muscle and burn fat in next to no time.

Outsmart your metabolism

The first step to rebooting your metabolism is to switch your diet to power ingredients including vegetables, fruit, small amounts of good wholegrains and lots of lean protein. 'Not eating enough protein, cutting out all carbohydrates or shunning specific food groups to lose weight can backfire on your metabolism,' says Dr Apovian. Fruits, vegetables and fibre reduce the risk of inflammation and insulin resistance, which can slow your metabolism and cause weight gain. Your body needs the amino acids (the building blocks of protein) found in foods such as meat, fish and eggs because these are an essential component in helping to generate, renew and restore cells in your body and brain. 'As you get older, your body's ability to synthesise protein may diminish, so you may not be getting enough of the essential amino acids you need, even if you're eating the recommended amount of protein,' Dr Apovian warns.

As well as three protein-rich meals, Dr Apovian recommends starting the day with one of the Super-charged smoothies in her book. You can also get creative and make your own by blending a mix of dairy-free milk, protein powder, fruits, vegetables, plus ground spice of your choice.

You need fewer calories as you get older, so tweaking your diet is a must as the years roll by. Aim to eat more fibre-rich foods such as quinoa, amaranth and bulgur, as these release energy slowly, stopping hunger pangs and feeding the brain with a steady supply of glucose to keep your memory sharp. High-fibre foods also help boost your metabolism as they're more work for the body to digest. 'The harder your body works, the more your metabolic rate increases and the more calories you burn,' says Dr Apovian.

To help beat age-related hormonal symptoms such as mood swings and depression, the nutritionist recommends adding oily fish, soya protein, B vitamins and cruciferous vegetables to your diet. Asparagus, melons and watercress, meanwhile, all help combat bloating. Keep your hormones in check by avoiding sugar, caffeine, alcohol and high-fat foods.



“Without a doubt, strength training is the best way to develop metabolically active muscle

As well as being good for your skin, drinking plenty of water keeps your body's chemical reactions moving, speeding up your metabolism and helping your body burn calories. See the panel (right) for the other key foods that will help reverse your metabolic clock.

Take an active approach

If you're looking to put your fat loss in the fast lane, getting the right kind of exercise is crucial, says Dr Apovian. Fortunately, for the time-poor, her advice is to avoid long periods of steady-state aerobic exercise, as this can be counterproductive to weight-loss goals. Instead, focus on short periods of strength training that will get your heart rate up and help you to shed the extra inches by increasing muscle mass. Muscle burns seven times more calories than fat and the more lean muscle you have, the more calories you'll burn at rest. 'Without a doubt, strength training is the best way to develop metabolically active muscle tissue,' says Dr Apovian. By engaging in a strength-training programme, your body will ignite your metabolism into fat-burning mode.' Result!

Foods that boost your metabolism

Some foods are super metabolism-boosters. Be sure to include these in your diet, says Dr Apovian.

LEAN BEEF Lean cuts of beef help optimise the muscle-building process so you can lose fat faster.

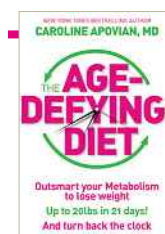
FATTY FISH High in omega-3 fatty acids, oily fish such as salmon, mackerel, sardines and tuna reduce inflammation, minimise aches and pains and lower the risk of Type 2 diabetes, cancer and heart disease.

SPINACH This dark green, leafy vegetable reduces acidity in the body, which helps reduce muscle loss to ward off the metabolism meltdown.

NON-FAT GREEK YOGHURT A good source of protein to preserve muscle mass, which ramps up metabolism, Greek yoghurt is rich in bone-building calcium and high in probiotics.

GREEN TEA Said to boost metabolism and reduce the risk of serious disease.

Enhance your good work by ensuring you get your zzz's – a key part of the weight-loss equation. A poor sleep routine disrupts your body's natural repair and rejuvenation process which takes place as you sleep. This sparks an increase in muscle loss and piles on the fat – studies show that just one night of disturbed sleep can trigger hunger hormones, leading you to eat more. A continuous sleep debt also makes fat cells less sensitive to insulin, the fat-burning hormone which is linked to increased belly fat when levels are out of whack. 'The lack of sleep that causes metabolic ageing also causes weight gain,' says Dr Apovian. If you routinely sleep fewer than five or six hours a night, you're more likely to have extra padding on your body. Follow a relaxing bedtime routine, and try a few gentle yoga poses, not only to help ease you into sleep, but by reducing stress, they reduce the accumulation of belly fat, too. ■



For more advice and a 21-day Age-Defying diet plan, read *The Age-Defying Diet* by Dr Caroline Apovian (Orion, £12.99).

Whatever your small victory, we can help you achieve it.

At Nuffield Health gyms we want to help you with your most active life.

With our cutting edge facilities and network of fitness experts including personal trainers, physiotherapists and nutritionists, the most important thing to us is getting you fit and healthy.

All new members receive a free Health MOT, use of our online tool HealthScore™, a personalised exercise programme and access to multiple clubs.

Visit nuffieldhealth.com/join
for a free day pass



#SmallVictory

Gyms + Health Checks + Physio + Hospitals

*97% of gyms have pools

15-PAGE
SPECIAL

GET A CELEB BODY!

Wish you had an A-list trainer to keep you in shape? In this special section, we've gathered some of the world's top trainers to get their tips, plus we've spoken to a host of fit celebs to find out the secrets behind how they look so good. We also talk to designers behind the top sports brands to learn how they create the workout kit we all covet...



HOW TO GET AN A-LIST BODY

Whether you want abs like Kayla Itsines or Mollie King's legs, these celeb trainers will help you get your dream body!

1 MAKEOVER YOUR MIND
When it comes to getting fitter, self-belief is everything. Conditioning your mind to push through the pain during times of difficulty is the key to developing the mental strength that will help shape your body. 'I always start my clients off with some mindset work, to find out their limiting beliefs [what they think they can't do],' says Wolff. 'If you address your mentality first, you won't self-sabotage when it comes to achieving your goals.'



5 WAYS TO GET TONED

by celebrity trainer and healthy eating guru **Christianne Wolff**
(thebodyrescueplan.com)

2 FIX YOUR DIET

'When doing interval training, you'll get better results by performing on an empty stomach, as growth hormone (GH) secretions are reduced by elevated insulin and blood sugar levels,' explains Wolff. 'When you eat, blood sugar rises and insulin is secreted. Insulin is a storage hormone and works directly against GH. Eat your carbs after training.'

3 LEARN TO RELAX

Your favourite celebrities may seem like they're always working, but it's important they relax, too. 'A stressed body can't lose weight as efficiently as a finely-tuned and relaxed one. The most important thing I teach my celebrity clients is to learn how to relax, whether that's through meditation, yoga, alone time or having foods that don't aggravate the body.'

TRY THIS!

Run on the spot x 20 secs
Push-up x 20 secs
Lunge x 20 secs
Prisoner squat x 20 secs
Shuttle run x 20 secs
Mountain climber x 20 secs
Triceps dip x 20 secs
Lunge kick x 20 secs
(x 4)

4 MAKE IT QUICK

Short-duration, high-intensity interval workouts are great time savers and just as good fat burners as longer sessions. 'While doing interval training, the body releases lots of lactic acid into the blood stream and growth hormone – a key hormone for fat loss – is released in response,' says Wolff. Do one or two sessions per week as part of a varied plan. Try these moves for starters (left) with 10 seconds' rest between each one.

5 PLAN FOR ACTION

As the adage goes, 'fail to plan and you're planning to fail'. Treating your workouts as you would an important appointment will ensure you don't skip them! 'I make my clients write down when they're going to train in their diary,' says Spatone ambassador Wolff. 'If you don't plan it, it won't be a priority. Think ahead, even if it's just a short, 10-minute workout,' she adds. 'Plan, plan, plan – work your life around your workouts, not your workouts around your life!'

5 WAYS TO SHAPE UP

by **Ross Styles**, who has trained celebs such as Mollie King, Ralph Fiennes and David Haye (rossstyles.com)

1 TONE YOUR TUSH

Want to lift your booty? 'In the land of celebrity, big bums are definitely "in",' says Styles, 'But there's a misconception that, to get a pert bum, you only need to squat. Yes, squats are great for this. However, having a lack of glute activation will really hold you back when it comes to boosting the lower body.' Before you begin squatting, Styles recommends doing barbell hip extensions to wake up the glute muscles. 'Use a weight that makes hitting the 20th repetition very difficult,' suggests Styles. 'This will help fire up your glutes, so that they perform more effectively during the rest of your workout.'

Styles is a fan of power walking



2 TAKE A HIKE! Guilty of slogging away on the treadmill for hours? Styles recommends switching low-intensity running for brisk walking. 'Brisk walking not only burns fat, but also doesn't burn you out,' claims Styles. 'Walking four miles and running four miles will burn roughly the same number of calories – it just takes you a little longer to walk the distance. When walking at a brisk pace, your body predominately uses fat as a fuel source; when running, it predominately uses glycogen,' says Styles. Swap the car, bus or train for a speedy stroll as often as possible and reap the fitness rewards.

TRY THIS!
Squat x 15
Seated row x 15
Kettle bell swing x 15
Push-up x 10-15
Walking lunge x 15
Overhead press x 15
(x 4)

3 GO UP, GET DOWN

To maximise your weight-loss gains, think about the order in which you do your exercises. 'When working with Ralph Fiennes, to get him in tip-top shape for his role in *Coriolanus*, I set lots of "up/down circuits",' reveals Styles. 'These circuits move the blood flow from the lower body to the upper body, which has numerous benefits and gets you fit fast. Going from a lower- to an upper-body exercise also trains your heart to have the capacity to beat harder and faster, plus it burns lots of calories.'

4 BLAST YOUR BELLY

Forget ab crunches – there's an easy way to hone a flat tum. 'The method I used with Mollie King involved light ab work, then heavy ab exercises,' says Styles. 'Just perform an exercise with a heavy resistance at the end of your abs circuit. This helps break down stubborn muscle tissue [promoting lean muscle growth].' Styles' favourite 'heavy set' is the dumbbell ab crunch. Grab a set of dumbbells and sit on a bench. Lie back, holding the dumbbells above your chest, then rise up to seated. Lower down and repeat. If your feet come off the ground, slide them under a barbell. This gives you a burn like no other.

Styles trains Mollie King



5 TAKE A SWIG We've managed to get hold of Styles' top-secret pre-workout drink! 'My biggest insider tip is that all my clients get a pre-workout drink at my studio,' reveals the trainer. 'It consists of BCAA [branched chain amino acid] powder, beetroot powder, Cherry Active concentrate, Coco Hydro Sport powder and water.' Why drink it? Styles says the BCAA powder helps prevent muscle loss; the beetroot boosts circulation, stamina and battles inflammation; the cherry concentrate fights post-workout muscle soreness, and the Coco Hydro is full of natural isotonic to keep you hydrated. Nifty.

5 WAYS TO WORK OUT

by **Jonny Lomax**, CEO of Lomax Bespoke Health, where Millie Mackintosh and Ella Woodward train (Lomaxpt.com)

1 MAKE SOME WAVES

Love new kit? So do celebs. Ellie Goulding and Millie Mackintosh have both been pictured using battle ropes. 'Battle ropes are great as they work nearly every muscle and allow a wide range of movement,' says Lomax. Try the alternating wave. Stand to face the anchor point with feet shoulder-width apart, knees slightly bent. Grab one end of the rope in each hand, palms facing in. Raise one arm to shoulder level, then quickly lower to start, raising the other arm as you do so. Continue alternating as rapidly as possible without losing form.



Millie uses battle ropes

2 TAKE IT BACK

Celebrities want to look good from all angles, and that includes from the back. The move many celebs master? The chin-up. 'Not only does this move work all the back muscles but, done correctly and focusing on the lowering phase of the exercise, you can genuinely alter your posture,' says Lomax. To execute it properly, place both hands on a bar, slightly wider than shoulder-width apart, with your palms facing away from you. Pull yourself up until your chin is above the bar, then very slowly lower yourself down. Hard work but worth it.

3 DO DOUBLE DUTY

Make your moves work harder by picking them carefully. 'Triceps extensions, holding a weight with both hands overhead and lowering it slowly behind your head, works all three "heads" of the triceps at a full range of motion, so you achieve long and lean definition,' says Lomax. 'You have to stabilise your hips and spine, so your core gets a workout, too.'

TRY THIS!
*Press-up
x10-15
Triceps extension
x10-15
(x4)*

4 LIFT YOUR BOOTY

Want a taste of the celebrity workout treatment? A toned tush is the coveted body part in A-list circles. To follow suit and get a bubble butt, do some plié squats. 'This variation of the squat is derived from ballet and focuses on the glutes and hamstrings,' explains Lomax. 'Assume a wide stance with your toes pointing outwards, then rock forward onto your tip-toes like a ballet dancer. Squat down as low as you can, maintaining balance on your tip-toes. Make it harder by pulsing up and down to add even more tension to the exercise.' Added bonus – your abs will work hard to keep you stable.

5 BOOST YOUR BODY

Want a killer move that burns oodles of calories? Try the renegade row. 'A renegade row works the upper body as well as the core, toning your arms and abs,' reveals Lomax. 'Assume the plank position on your hands, with your wrists under your shoulders. With a bent elbow, raise your hand sharply up to your armpit, maintaining a steady pelvis (no rocking or tilting). Alternate hands for one minute and complete four rounds with 30 seconds rest in between.' Phew!



Jonny Lomax

5 WAYS TO GET RESULTS

by Instagram fitness star **Kayla Itsines**
(kaylaitsines.com)

1 TONE IT UP

Want to lose weight from your abs, arms or thighs? Sure, there's no such thing as 'spot reducing', or choosing where the fat melts from, but you can focus on toning one area at a time. 'Try doing high-intensity plyometric resistance training,' says Itsines. 'These types of exercises, seen in my Bikini Body Training Guide can help increase overall health, fitness and confidence, plus define areas such as your abs, arms and legs.' Hooray!

2 STAY POSITIVE

The benefits of positive thinking for obtaining workout goals are well documented – it makes exercisers feel energised, less stressed and more likely to perform at their best. So don't start a training plan thinking that you can't do it – believe in yourself! 'I love that we've created such a positive and supportive community where women globally encourage and motivate each other every day,' adds Itsines. 'I'm so proud of the hard work, determination and success that the women have.'

3 TRACK YOUR PROGRESS

Want to know how results are created? One of the key shape-up rules is to hone in on what you're aiming for, both long- and short-term. 'Take progress photos and track your exercise and healthy lifestyle journey,' advises Itsines. 'Nothing is more motivating than seeing your own personal progress resulting from your own hard work. Another great way to do this is to use a sports watch or heart rate monitor and keep an eye on the intensity of your training. This way, you'll continue to work hard [for your fitness level] and be the best version of you that you can be!'

4 GET INSPIRED BY OTHERS

Humans are creatures of habit – we respond well to praise, perform in teams and shine in competitive circumstances. Whether you join a club or online community, look to others for support and motivation. 'My social sites are places for women to feel comfortable enough to share their stories, and to inspire and encourage each other,' says Itsines. 'I love that my Instagram account highlights the dedication, hard work and sweat of so many amazing women from all around the world. They all have different body shapes and varying fitness levels, yet they share one common goal – to feel confident, happy and strong!'

5 KEEP IT SIMPLE

'Keep up your intensity by cutting out wasted time in between exercises and sets,' suggests Itsines. Small changes such as reducing the length of the rest periods will add up to big results! 'A quick changeover time equals a consistently elevated heart rate, making your workout more worthwhile,' says Itsines. Sounds good! Check out Kayla's online community and BBG Bikini Body Guides at kaylaitsines.com.

Turn the page to try out one of Kayla's BBG workouts. ➔



YOU THINK
*'My muscles hurt.
I can't keep moving'*

*'I'm slower, weaker, less fit
than everyone else'*

*'I'm too stressed, tired
and busy to squeeze in
that workout'*

TELL YOURSELF
*'What doesn't challenge
me, doesn't change me'*

*'I'm faster, stronger, fitter than
I was last week'*

*'That workout will make
me feel less stressed and
more energised'*

KAYLA ITSINES'

7 MINUTE WORKOUT

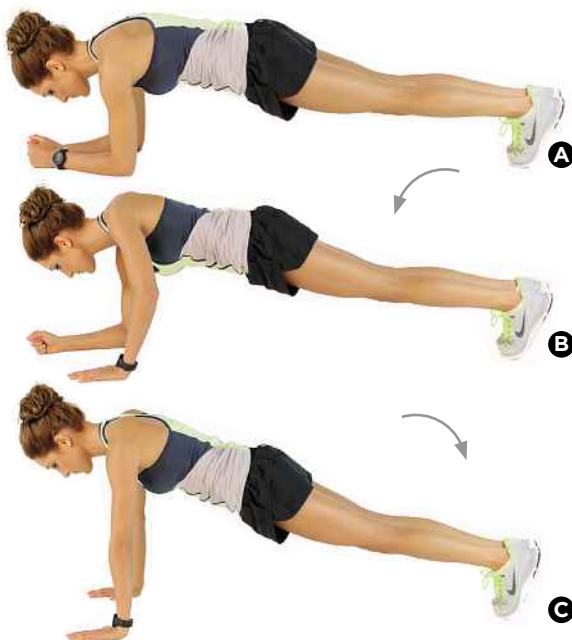
'This seven-minute workout is so easy to fit into a busy schedule. Remember, even a small amount of activity is better than nothing! The workout uses the same concept as that in my Bikini Body Training Guide (kaylaitsines.com). Set your timer for seven minutes, then do the following exercises as many times as you can before the timer goes off! Remember, though, it's important to do it with proper technique.'



ARMS

COMMANDOS REPS: 20 (10 per side)

Start in a plank position with both forearms on the floor and legs extended, resting on the balls of your feet. Ensure your elbows are in line with your shoulders (A). Release your left forearm and place your hand slightly outside of your left shoulder. Push up onto your left hand (B), followed immediately by your right hand. You should now be in a high push-up position with your body weight evenly distributed on both hands (C). Return to plank by lowering one arm at a time and then repeat. Brace your abdominals throughout the entire movement to avoid your hips swaying.



CARDIO

REPS: 50 SKIPPING

Stand tall with your body in front of the rope and a handle in each hand. Using a large arm movement, swing the rope forward and over your head. As the rope moves towards your feet, jump and let it hit the floor. Make sure you're landing on the balls of your feet with knees slightly bent. Each time you jump over the rope is one skip.



LEGS

SPLIT SQUATS
REPS: 20

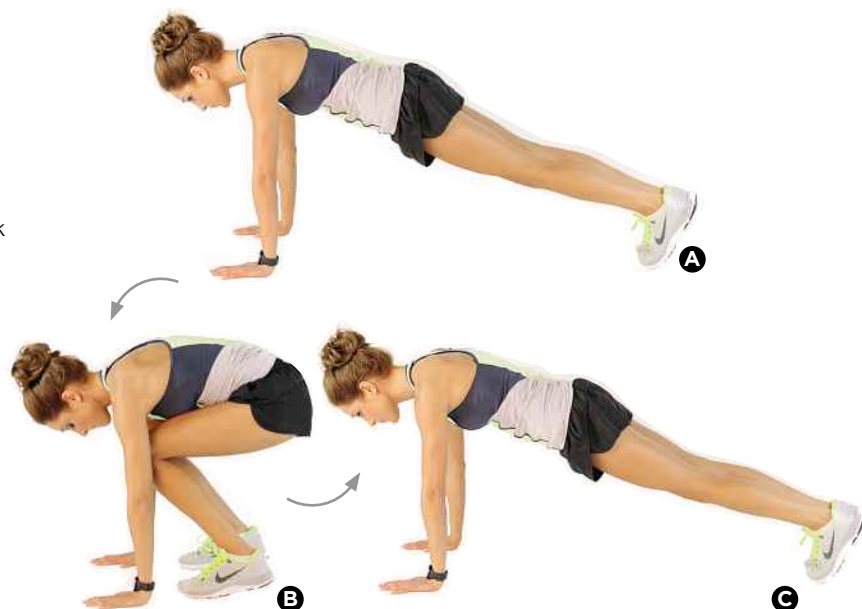
Start with your feet together on a bench or step (A). You can also do this move without a platform. Jump to propel your body upwards and lower into a squat position with your feet landing either side of the bench or step. Squat down as low as you can go (B). Jump to propel your body back into the air, bringing your feet together to land in the start position on the bench or step. When landing, ensure you roll through the balls of your feet and with 'soft' knees to prevent injury.



ABS

SNAP JUMPS
REPS: 15

Begin in a high push-up position with your hands slightly wider than shoulder-width apart. Ensure your back remains straight and that you stabilise your abdominal muscles (A). From this position, transfer your weight onto your hands and jump your feet inwards so that they land apart, just behind your hands (B). Kick both feet backwards into the push-up position (C) and repeat. ■



CELEB HEALTH SECRETS REVEALED

Make-up artists, personal trainers and hair stylists aside, do you ever wonder what gives celebrities their youthful radiance, luscious locks or the energy to bounce around from events and appearances to TV studios and everything else in between? We've rounded up the rituals and go-to products of some of our favourite healthy household names to find out how they get their inner glow...

WORDS: Becky Fletcher



Jenni Falconer, Heart FM Presenter, swears by sticking to a routine and exercising in the morning

'Try to work out what time of day you'll be able to commit to exercise. For me, it's after work, which is early in the morning before breakfast and mummy duty starts. It's a great way to start the day and I can usually commit to this time. When I have a routine, I'm more likely to actually do it!'

Go alkaline: Model Miranda Kerr says she stays hydrated with alkaline water and has alkaline filters in her kitchen sink and shower heads. Try Press Alkaline Cleanse-Water (£3 for 500ml; press-london.com). The mineral-packed aloe vera helps detoxification, boosts immunity and reduces inflammation.



BE POSITIVE! Work has always been a challenge – juggling my clothing line, writing and TV commitments. Now I've thrown a child into the mix, I have even more to get my head around with the new daily challenges that being a mum brings. I believe my positive mindset has got me where I am today.' – TV presenter and writer Dawn O'Porter* on positive thinking



TV presenter Charlotte Coleman (@charloulackson)

'I go make-up free at least twice a week. I read it helps promote skin cell turnover, contributing to a more youthful, glowing complexion and reduces the risk of fine lines. I also always have a big bottle of water with me. Drinking at least two litres a day keeps my skin hydrated and my body functioning at a high level. I look and feel much better when I get enough sleep, too.'

Charlotte Jackson only: Anna Fowler Photography * Dawn O'Porter is working with Rescue Remedy to help empower people to live in the moment and embrace daily challenges. Jenni Falconer is a Nelsons Arnicare Cooling Gel ambassador



Holistic Nutritional Health Coach Madeleine Shaw reveals her top healthy-eating secrets

1 'I always start the day with a glass of filtered water with lemon to cleanse my system and kick-start my metabolism.'

2 'I add as much protein as possible to my meals. Whether it's eggs or pumpkin seeds, the high protein content in these foods helps preserve muscle mass, boosts your metabolism and provides energy.'

3 'I use a lot apple cider vinegar. It helps your digestive system break down food, allowing you to absorb the nutrients more efficiently. I often add a tablespoon to a glass of filtered water as a drink or drizzle it into salad dressings at lunch.'

4 'I drink water in between meals. When your stomach's empty, you absorb the water more efficiently. I aim to drink two litres a day and carry a BRITA Fill&Go bottle (£14.99; brita.co.uk) with me.'



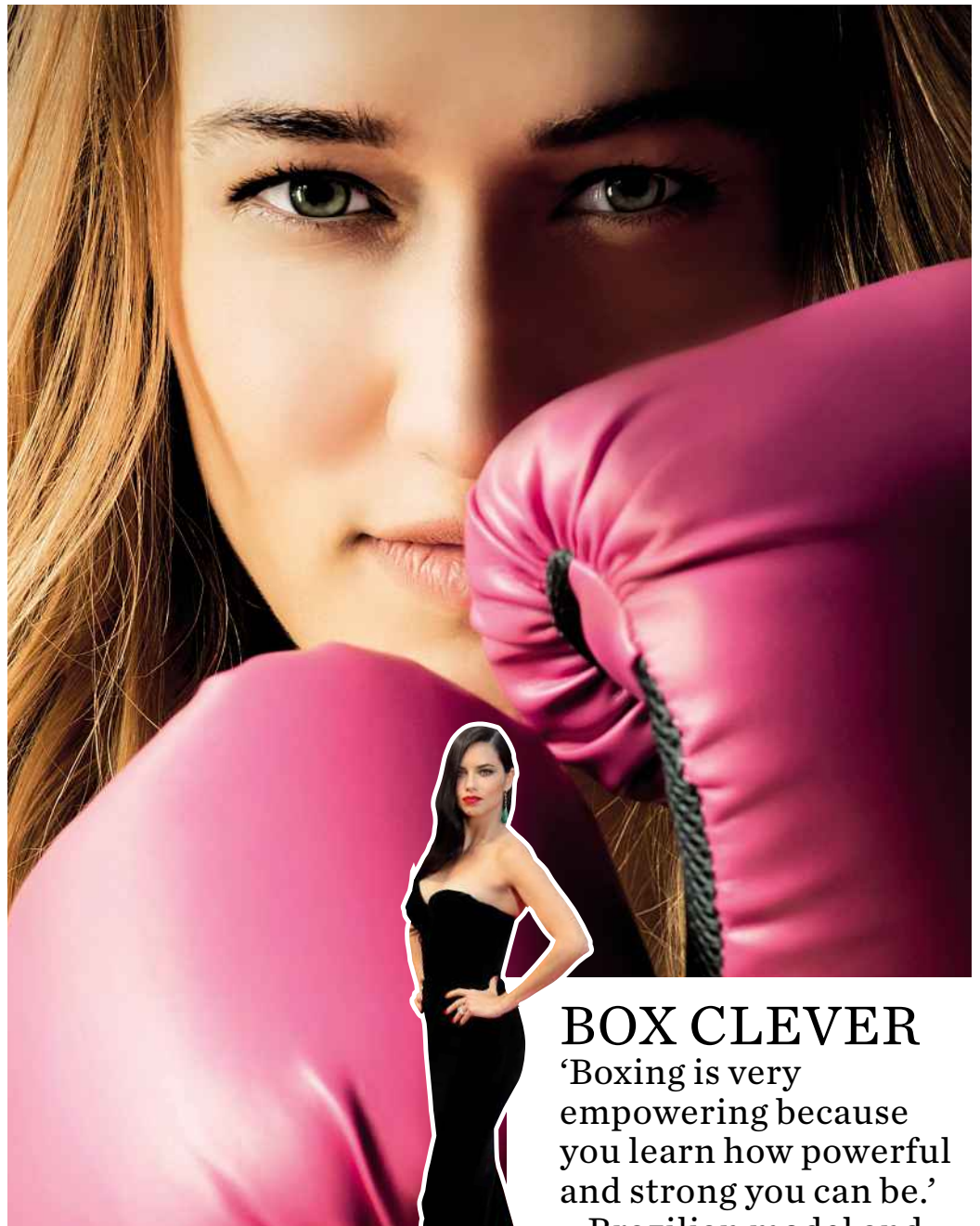
SCRUB UP

'Treat your skin to this brilliant three-in-one micro polish scrub which sloughs off dead skin, unclogs pores and deeply cleanses, thanks to its glycolic and salicylic acids. It's the perfect post-weekend skincare saviour.' – Model **Abbey Clancy** and her 'bad face day essential', Rodial's Super Acids x-treme after-party scrub (£45 for 75ml; rodial.co.uk).



Pack a punch

Boxing is a firm favourite with supermodels from Gigi Hadid to Joan Smalls, who love throwing punches in a bid to keep fit. Considering you can burn over 700 calories in an hour's session, it's no surprise so many celebs are donning their boxing gloves.



BOX CLEVER

'Boxing is very empowering because you learn how powerful and strong you can be.' – Brazilian model and actress **Adriana Lima**



SAVE FACE

'I have facials every month. I tend to go to Linda Meredith (lindameredith.com) for oxygen facials.' – Actress **Kelly Brook**

Fuel up: Supermodel Rosie Huntington-Whiteley says breakfast sets her up for the day. Her breakfast of choice? Eggs, spinach and a green juice!



Former Pussycat Doll, TV personality and fitness junkie, Kimberly Wyatt, reveals her A-List health and fitness secrets...

'I put my schedule in my phone calendar and share it with my husband, so we both know what I'm supposed to be doing and when. This helps me stick at it. If I can't fit in a session at the gym, I'll do a workout at home. Some free weights, a resistance band and a floor mat is all you need. Once you have your routine, it'll become part of your lifestyle.'

'I make my own meals and always make time for breakfast. It's either yoghurt, fruit or cereal, or I'll grab a Maxi Nutrition Promax Lean Bar (£25.99 for 12; maxinutrition.com) which will give me a protein hit to keep me going until lunch, where I'll make up a salad with chicken or fish and a little rice or couscous.'

'I enjoy a "treat meal", but I don't just have a treat every time I crave it. If I'm really craving something, I'll save it for going out for a meal with Max, or when meeting my girlfriends for a coffee. That way, I don't feel like I'm missing out!'



BALANCE IT



'I follow the 70/30 rule. 70 per cent of the time, I follow an alkaline lifestyle and 30 per cent of the time, I enjoy the more acid-forming foods, such as pizza and wine. It's all about balance.'

– **Natasha Corrett**, founder of **Honestly Healthy** (honestlyhealthyfood.com) and ambassador for **Better With BRITA** (brita.co.uk/betterwithbrita)

SWEAT IT OUT

'I have an old-fashioned beauty regime. I bend over a big pot with essential oils and I sweat it all out. Then I moisturise with coconut oil. When I wake up, I feel like I've had my skin tightened – it's amazing. I also get a mani-pedi. I could get one every two days!'

– Tennis superstar, **Serena Williams**



MASK IT

'We do Cellcosmet masks (Cellcosmet Anti-Stress Cream-Mask, £106 for 50ml; garden.co.uk) every Sunday. It's adorable. But he's honestly so comfortable in his masculinity.'

– **Jennifer Aniston** on the beauty ritual she does with fiancé, **Justin Theroux**

Try slime: Katie Holmes is said to be a fan of cream containing snail's slime! The properties in the snail secretion are said to reduce pigmentation, scarring and minimise wrinkles. If the thought doesn't make you too squeamish, try Dr Organic Snail Gel Moisture Mask (£1.99 for 10ml; hollandandbarrett.com)



DO A DETOX

‘Not only did I feel utterly cleansed and replenished having done the Lemon Detox fast, but since completing a mere three days, I care more than ever what goes into my body. I feel so much better and my skin has really benefited’ – Actress Anna Friel talking about the Lemon Detox (thelemondetox.com)



USE A CUSHION

‘The new Scholl GelActiv Insoles (£14.99; boots) are my sole saviours – I pop them into my shoes and trainers to feel light and springy whether I’m doing the school run, at work, or getting in some exercise. You really notice the difference by the end of the day.’ – TV presenter Kirsty Gallacher

UP YOUR OILS

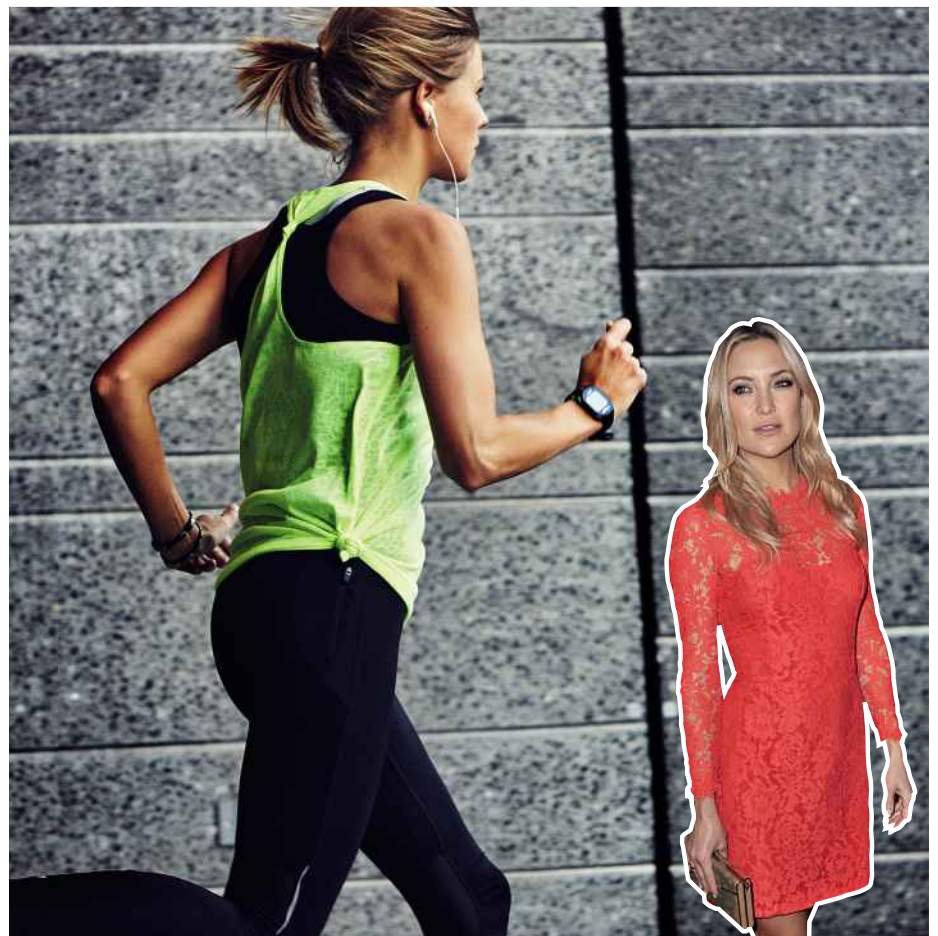
‘Since using Udo’s Choice Ultimate Oil Blend, I’ve noticed such a difference inside and out. My concealer has been made virtually redundant, I no longer have any dry patches and I rarely get blemishes. Adding Udo’s Choice Ultimate Oil Blend to my daily diet has made sure I’m getting the healthy fat I need. Getting my Omega 3, 6 and 9 all in one place is so helpful when balancing a busy schedule and ensures I have enough energy to last throughout the day. I wouldn’t be without it.’ – TV presenter, **Amanda Byram**



Omega love
Omega-3 fatty acids can boost your memory and protect an ageing brain, according to the Institute of Food Technologists.



Chill out: The latest celebrity health trend is seriously ‘cool’. Derek Hough, Mandy Moore, Lindsey Lohan and Minka Kelly have taken to Instagram with pictures of themselves trying cryotherapy, or going in to a chamber filled with liquid nitrogen for one to three minutes. Why? It’s reportedly good for increasing metabolism, helping muscle recovery and even boosting calorie burn. Tempted?



SPEED IT UP

‘If I only have 15 minutes to exercise, I’ll do sprints, high-intensity, or more body resistance-type workouts’ – Actress Kate Hudson



BEHIND *the lines*

Ever wondered how your favourite brand creates such cutting-edge workout wear? Three top designers reveal all!

WORDS: Sarah Ivory

The sweat-wicking tees, the rain-proof jackets, those funky graphics that make your gym kit look super cool – there are certain things about your activewear you perhaps take for granted. And yet behind every new print, fabric or reflective patch there's a team of people working hard to track trends, create styles and liaise with the celebs, athletes or workout pros that embody the top brands. These are the people who ensure your fitness kit works as hard as you do. We've tapped the brains involved in creating some of your favourite kit to discover exactly what goes on behind the scenes. Prepare to be amazed!

The elite athlete's range

Christina Schramm is Adidas' senior design director for sport performance wear (adidas.com)

'One of the founding Adidas principles is "only the best for the athlete", and that's something we always have in mind, throughout the design process.'

Understanding athletes – what drives them, their training routines and their expectations of products – is highly important to us. When it comes to creating a new collection, athlete insights are key to helping us understand product needs and design requirements.

'It's essential that our designers understand the sport they're creating products for in order to deliver industry-leading apparel and footwear.'

DESIGNING WITH ATHLETES

'Talking to athletes often leads to new ideas and can inspire an entire story, plus influence product details and design.'

'If we're working on a project that's directly connected to an athlete, such as Jess Ennis, imagery is brought together that captures what we think the athlete represents – their character, personality and inspirations. Seeing Jess Ennis in training was amazing. We sat on the sidelines for hours, observing every move and twist she made. Her moves were so precise, fluid and fast, so the clothes she inspired had to cater for them. Light,

TV presenter and fitness professional, AJ Odudu, who tests Adidas apparel

BEST FOR SPORT



breathable fabrics, cutlines that move with the body and sturdy support for the muscles that need it. And her personality – bright and happy – inspired the graphics on the gear. The findings and results of each conversation are visualised and documented to help lead the design team. Design projects, such as the AW15 Women's Training collections are not directly connected to elite athletes, but start in a similar way, with inspiration boards to visualise the feel of the line.'

TRACKING THE TRENDS

'Trends are really important in shaping the design process. In the sports industry, it's vital to be aware of fashions and understand how things are evolving. At Adidas, we're continuously striving to push boundaries and bring innovations to the market place, whether that involves working with the colour team to identify fashionable designs or challenging product engineers to develop fabrics such as Climachill. Our internal trend team is also a vital resource. It is constantly researching the latest advances and innovations, and our teams have regular touch points to ensure they're reflected in our final designs. We aim to set trends in the world of sport, not to follow them.'

'Each designer will also research and collect inspirational notes, which are brought together in a creative kick-off "ideation session". During this time, ideas

are explored, and design sketches and mock-ups are created. One overarching creative direction is defined, and this acts as the framework for the look and feel of the Adidas brand for that season.'

FROM DESIGN TO FLOOR

'Once the creative direction is clear, each performance category – whether training, running or football – will start to translate that direction into ideas using mood boards and product sketches. Materials and colours are selected, and key prints and graphics are created for the season. At each stage, we add more detail to the designs.'

'Working on construction and pattern is a vital stage of the process. Our performance garments are cut to fit the body in motion,

providing the ultimate fit. Testing is key. Above everything else, a performance product has to work to our high standards. Product quality, material and wear tests are all part of the testing process. The perfect product is a combination of the highest level of functionality and a perfect look and fit. Adidas performance products have to work in all conditions!'

'MY FAVOURITE OUTFIT'

Adidas Racer-Back Bra, £30. 'This has the right amount of support and is perfect for a peek-a-boo tank.'



Adidas Long Tights, £45. 'I spent hours with the graphic designer, brainstorming how to mimic streaks on the legs.'

Adidas Daybreaker Hoodie, £75. 'This will never weigh you down and the reflective details make it special. I own a few of these!'



The TV adventurer's line

Kara Crook is a designer for Bear Grylls by Craghoppers Clothing collection (craghoppers.com)

'Any collection begins with a "big ideas" meeting, in which we brainstorm our thoughts and discuss what we've seen at trade shows or on trend sites.

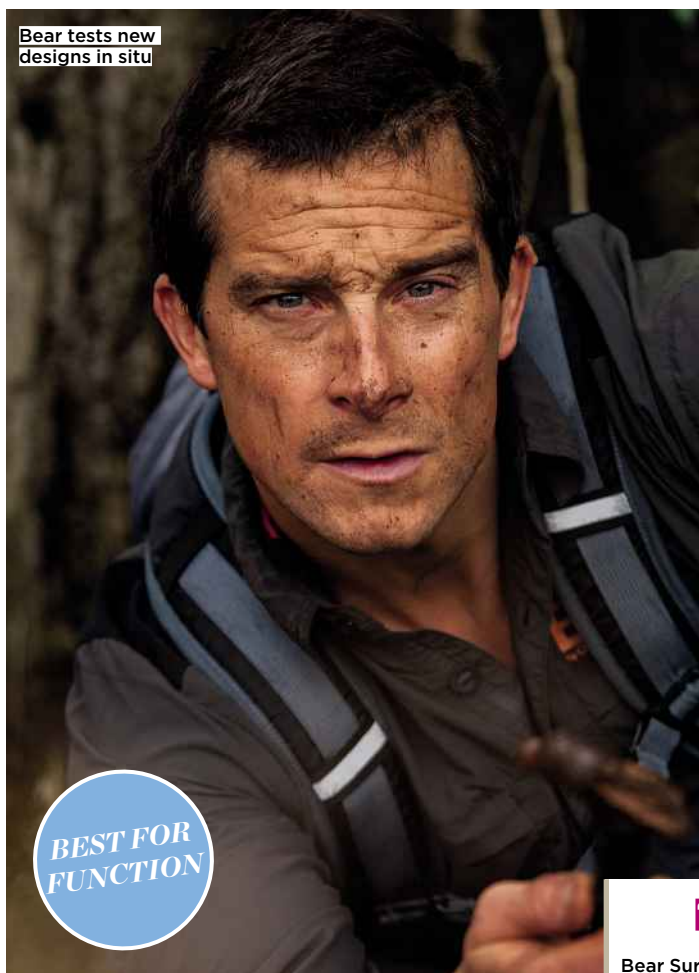
'We're always pushing ourselves in a direction that's different from everyone else. Sometimes it's just about building on something we know works; other times it's researching a new range. When we signed up with Bear Grylls, it was because he wanted to do a collaboration of products that had the technology Craghoppers was known for. It had to be fit for purpose, so we worked with Grylls to build the range to what he needed and what he would wear.

'We wanted his input to make sure that he was happy with the products, and to find out where he was going to wear it – whether up mountains, through the jungle or across rivers. The clothing has to cross all territories, so we don't just design something and put it into the range – it gets changed once, twice or even three times!'

THE EXCLUSIVE TOUCH

'Grylls is involved in the design process – we send him our ideas and he will approve them. Sometimes the products develop and improve. One of the jackets that he wears from the original range changed because he wanted to put a zip on the sleeve. It was a functional extra for holding a compass or a knife in, and Bear thought that it would be useful. So it's all about interacting and filtering through what needs to be done.

'Of course, we test all of the fabrics at our end but, actually, when you look at



Grylls' TV programmes and what he does in the kit, he's the guy that tests everything. And if anything doesn't work, it comes back to us. You see what Grylls does – he jumps off waterfalls, treks through jungles – and it's our job to make sure the fabric is durable and tough enough to withstand everything he puts it through. Over the years, we've built up a catalogue of very good fabrics – so we know exactly where to go.'

CREATING THE COLLECTION

'A successful product is one that we know can deliver time and time again. It's a mix of customer feedback, Grylls' feedback and Grylls' wardrobe – what he wears is very specific. Grylls has a colour palette – black and orange or extreme blue and red

– he tends to wear the black and orange, while his contestants wear the brighter colours. We sketch the products up with this in mind and send it to members of Grylls' team. Once they have given their input, products get signed off and we start making samples. Once samples are made, we send them off and Grylls can start wearing them.

'We normally review the range every two to three seasons. The AW15 collection is a complete redesign and there are four new styles. We move the range on but, because it works so well, it often just needs a little tweak. Apart from the fun graphics, fashion doesn't really come into it that much because it's a functional range. It's more important to ensure that the fabric is spot on for each style, whether that's the wicking material for the tees or the waterproof fabric for jackets.'

'MY FAVOURITE OUTFIT'

Bear Survivor Trousers, £49. 'New for AW15, with tough, stretchy panels on the knees.'



Bear Compresslite Jacket, £60. 'This is a super-lightweight new insulated jacket.'

Bear Trek Long-Sleeved Shirt, £45. 'This shirt has been designed with Bear's requirements in mind – tough and expedition-ready!'



At Fabletics, we always start with extensive trend research – looking at forecasts and what’s happening on the runways or streets, as well as going on shopping trips to see what’s out in the marketplace.

‘Trends are a critical to the design process, especially as we’re the only brand taking a fast-fashion approach to activewear – our styles are very fashion-forward. Fabletics is not only providing the latest styles, but also setting trends!’

‘After the research process, we make development sketches for pieces and hand these to our technical designers. They then work with our manufacturers to produce prototypes and samples, providing instructions on construction, fabrication and trims. During the development process, we fit and make adjustments to samples until we’re ready to produce the final production sample.’

CHECKING IN WITH KATE

‘Our design team meets with Kate Hudson to discuss ideas and find out what styles to introduce, based on what she likes. As a fashion icon, Kate has a great eye for design and often gives us insight into trends we can apply to the collections. She also does “wear tests” and gives us feedback on how items work in practice.’

‘Kate is very conscious about designing for every woman and every lifestyle. What’s unique about Fabletics is that we take the individual pieces we design and turn them into a full outfit – taking the colours and patterns of the pieces into consideration, so that it’s a beautifully styled look.’

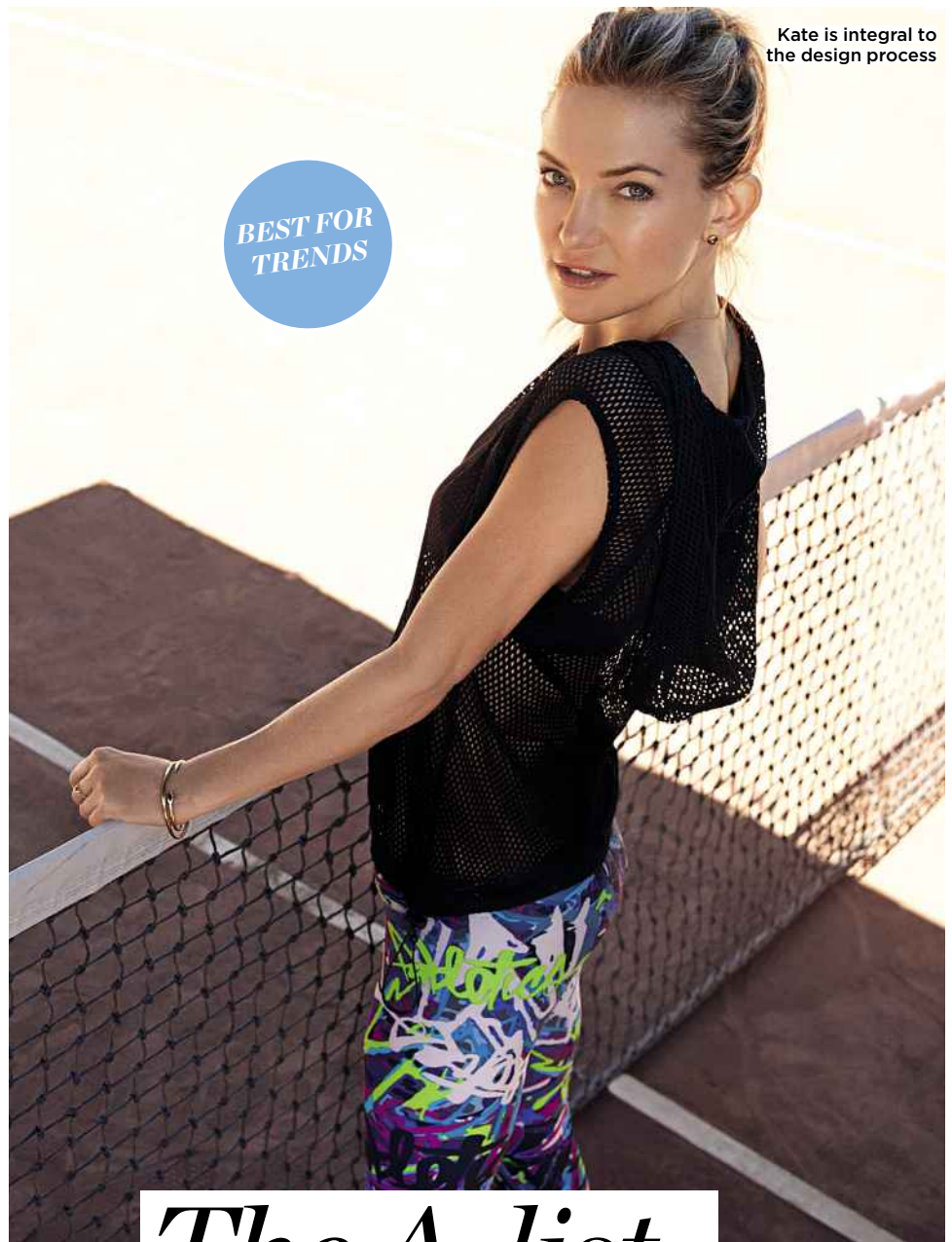
FIT FOR THE CUSTOMER

‘It’s important that we conduct numerous fittings and wear tests when we’re developing a style to ensure all aspects of a garment are comfortable and functional. We make sure the clothing fits a variety of body types and that the styles work for everyone. Our Fabletics Masters (who are fitness pros) are able to give us really useful feedback on how the products perform. If tests come back with negative comments that we can’t fix, we’ll drop the product.’

‘How quickly an item sells out is a great indicator of customer response. Since we are an online brand, we can get real-time reviews from customers and see straight away what they love (or don’t!), and make adjustments based on their feedback.’ ■

BEST FOR TRENDS

Kate is integral to the design process



The A-list fashion range

Candice Moore is director of design at Kate Hudson’s Fabletics sportswear company (fabletics.com)

‘MY FAVOURITE OUTFIT’

Cope Sports Bra, £25



Madison Tank, £35



Salar Capri, £58



‘This is one of my favourite looks. You could easily transition the outfit for a night out by swapping the capris for our new Bach leggings and adding some booties or heels!’

DON'T LET CHAFING AND SWEAT RASH SLOW YOU DOWN.



Neat 3B Action Cream

75g / 100g

Proven to prevent sweat rash and chafing. Simple and effective. Australia's No. 1 prevention cream. Now available in the UK.

Available now from
www.perspi-guard.com/actioncream

NEAT[®]
3B

GYMStyle

FIT FASHION * COOL KIT * STYLE ADVICE

We Love...

Freya Active AW 15 Collection

Feeling supported and comfortable is the key to any workout and, with the advanced technology in the AW15 Freya Active collection, you'll feel exactly that. This Dynamic Underwired Moulded Sports Bra (£38; figleaves.com) comes with firm support and the freedom to move. The smooth, seamless, underwired moulded bra has cool, breathable fabric, is moisture wicking *and* has an adjustable racer-back option so comfort is taken care of when you're busy getting your sweat on.



A woman with long dark hair is captured in mid-air, jumping against a dark, vertically-planked wooden wall. She is wearing a red baseball cap, a white perforated crop top with a green stripe, and grey sweatpants. Her right leg is bent and tucked towards her chest, while her left leg is extended downwards. She is wearing black high-top sneakers with white soles. Her right hand is near her head, and her left arm is extended outwards. The overall mood is energetic and urban.

HOLBORN ST - S LOADING

Run Cap, £23, Adidas by Stella
McCartney; **Holistic Retreat All
in One**, £45, Sweaty Betty;
Racer Bra, £123, Monreal;
T/F Cropped Vest, £25, Nike;
Hightop Trainers, £65, Tamaris

G BAY

PUSH BELL
FOR ENTRY

FOR ENTRY PRESS '2'
THEN BELL SYMBOL



JUMP 2 THE BEAT

Get physical in comfort with the latest dance looks

PHOTOGRAPHER: Ian Derry STYLIST: Kellie Daggett

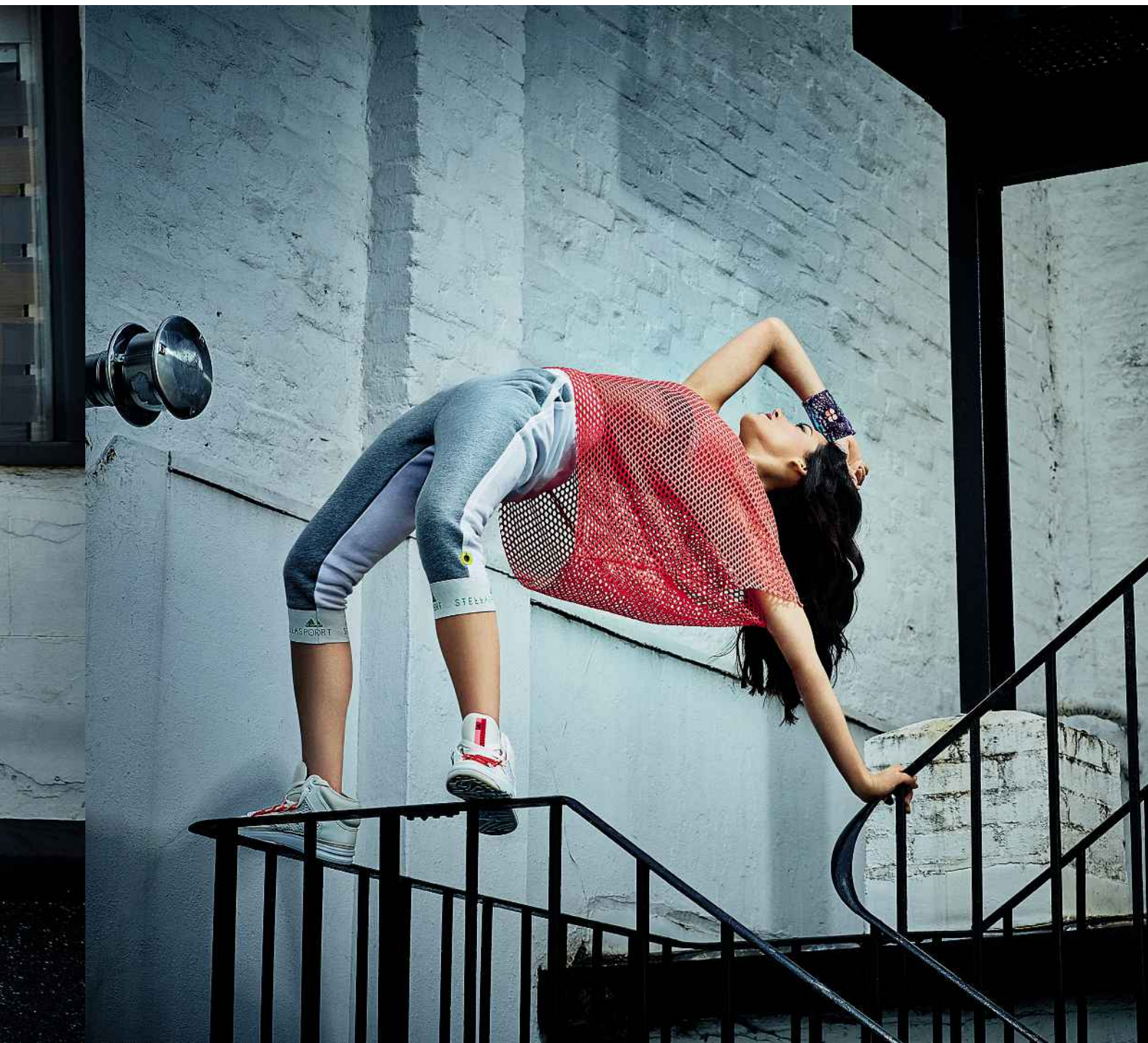


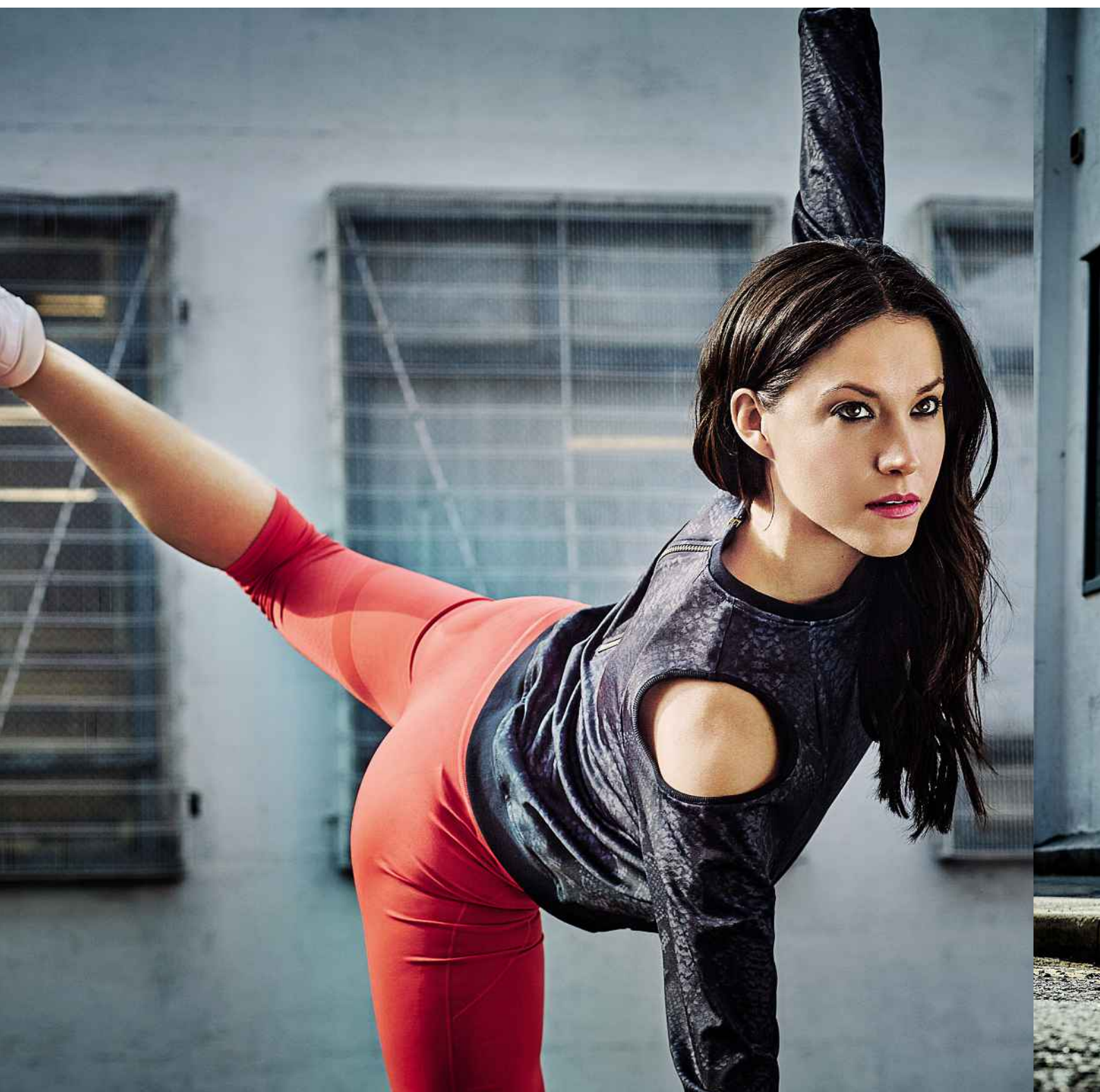
This page:

Cardio Addict Bra, £16.50, Reebok; **Embrace Me Tank**, £29.99, Volcom; **Feel the Rhythm Pant**, £36, Reebok; **Les Mills Dance UrTempo Mid Trainer 2.0**, £36, Reebok

Opposite:

Freestyle Tee, £42, **Tiki Long Bikini Top**, £50, **Runners Wristband**, £10, all Sweaty Betty; **Sweatpants**, £40, **Irana Shoes**, £75, both Stella Sport at Adidas





This page:

Snake Sweat Top, £65, Varley at Style PB;
Crop Leggings, from a selection, Striders Edge;
Irana Shoes, £75, Stellasport at Adidas

Opposite:

Cropped Jogging Bottoms, £35, Nike; **Racer Bra**,
£135, Monreal; **Mesh Vest**, £36, Seafolly; **Unisex Flex**
Terry Wristband, £3, American Apparel; **Hightop**
Trainers, £65, Tamaris



STOCKISTS: **Adidas** adidas.co.uk **American Apparel** americanapparel.co.uk **Monreal London** monreallondon.co.uk
Nike nike.com **Reebok** reebok.co.uk **Seafolly** seafolly.com
Adidas Stellasport adidas.co.uk **Striders Edge** stridersedge.com
Style PB stylepb.com **Sweaty Betty** sweatybetty.com **Tamaris** tamaris.eu **Volcom** volcom.co.uk

HAIR & MAKE-UP: **Alice Theobald** @ Joy Goodman using Ark skincare, Benefit cosmetics, Pro Blo haircare and Essie nail varnish
MODEL: **Fiona** @ WAthletic

HYDRAFLEX

SPORT MATTRESS



50% OFF

The HydraFlex
Sport Mattress Range

INSERT VOUCHER CODE

HF50P

VALID UNTIL 31st August 2015

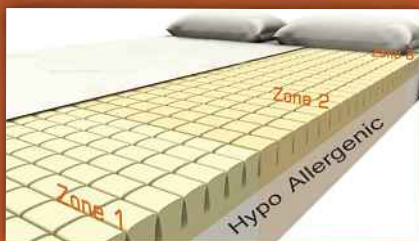
SINGLE MATTRESS
£199.50 RRP **£399**

DOUBLE MATTRESS
£249.50 RRP **£499**

KING MATTRESS
£274.50 RRP **£549**

SUPERKING MATTRESS
£299.50 RRP **£599**

Your personal best starts with a great night's sleep



Cooling Posture
Zones



Temperature
Control



Hypoallergenic



Supportive V-Max
Cell Technology



Deep Sleep



Increased
Circulation

The Ultimate
Memory Foam
Mattress



Redeem now at
www.mammothsport.com

ADVENTURE
RACING



WRIST CANDY
G-Shock Classic
Heathered Watch,
£130; g-shock.co.uk

STAY DRY
Rain Runner Jacket,
£75; roxy-uk.co.uk

WE LOVE
This watch has
shock-resistant
construction, an
ultrabright back
light, stopwatch
and cool
colours.



TAME IT
Anna Headband, £10;
sweatybetty.com



SERIOUS SUPPORT
Tough Mudder
HeatGear® Armour
Printed Bra, £28;
underarmour.co.uk



LEG IT
Lorna Jane
Thermal Tight, £46.23;
houseoffraser.co.uk



KEEP GOING! X Talon 200 Trainers, £100; inov-8.com



TOP TRUMPS
HPE XT Air Racer Vest,
£42; stylepb.com



Get THE LOOK

You'll be climbing over walls and crawling through mud, so here's how to cope with the obstacles

GET 3 ISSUES OF *Health & Fitness*

in **print + digital** for **only £3**



Your **print + digital** subscription includes:

- ✱ 3 issues of both the print and digital edition for only £3
- ✱ A **saving of 77%** on digital access and **32% on the shop price** if you choose to continue
- ✱ View your digital edition of *Health & Fitness* on your **iPad, iPhone or Kindle Fire**
- ✱ **FREE delivery** within the UK on your print subscription

A total of £8 of the print + digital subscription price covers access to our digital edition – saving 77% on the digital subscription rate. Print and digital bundled subscriptions are available exclusively, direct from *Health & Fitness*. Digital subscriptions are currently available on iPhone, iPad and Kindle Fire.



ORDER ONLINE AT

dennismags.co.uk/healthandfitness or
Call 0844 499 1763*

quoting code **P1510P** for Print only OR quoting code **P1510B** for Print + Digital

*Calls will cost 7p per minute plus your telephone company's access charge.

YOU *Time*

HEALTHY RECIPES * SPA AND WELLBEING * TRAVEL

Be a groupie

Quality may beat quantity, when it comes to friendships, but it's also important to belong to a number of different groups. The Canadian Institute for Advanced Research discovered that being a member of a group boosts self-esteem significantly. On top of this, the study's authors believe that encouraging people to have rich social lives and multiple sources of engagement provides a wealth of benefits. From reading groups to team sports, it's time to sign up.





Spa time

The latest pampering places, products and treatments



SPA OF THE MONTH

**La Terme Spa,
Santavenere Hotel,
Maratea, Italy**

Take a romantic location south of Naples, near the ancient village of Maratea. Add an elegant five-star hotel, beautiful surrounds, delicious Italian food and a holistic spa with world-class therapies and you have all the ingredients you need for a filmstar-worthy spa escape.

THE HOTEL

Hidden away in nine acres of beautiful gardens that tumble down a forested hillside to a private beach, the Hotel Santavenere oozes old-fashioned elegance. Family run with just 34 guest rooms, it feels like a luxurious private home, and since the '50s it has attracted Italian film stars and politicians who love its discreet charm. Throwing open the shutters of our sumptuous suite, we found a balcony clad in bougainvillea, with views across scented lemon groves to the shimmering turquoise sea beyond.

THE SPA

Hidden in the hotel's basement, La Terme Spa is a state-of-the art Aladdin's Cave of

holistic healing. Inspired by the Roman Baths at the nearby ancient city of Pompeii, the spa is hewn from natural materials and harnesses the elements of water, wood, sound and scent – it's dark, intimate (only one guest or family at a time can use the space) and echoey. We were led along the candlelit corridors on a sensory journey through Emotional showers (with colour and essential oils), a lagoon-like, sea-water Hydromassage grotto, Turkish bath and even an Ice waterfall chamber.

the relaxation room to chill out with one of the spa's post-treatment juices. Bliss.

There's an extensive, fascinating menu of treatments that are a step up from the norm, from a Sishin Water Massage which takes place in the pool and a Bamboo and Lotus Flower treatment given with bamboo sticks, to a 24K Gold and Hyaluronic Acid Facial Treatment, said to give a natural 'filler' effect. Try a Mud Therapy treatment where you're enveloped in detoxifying mud made by the spa (yes, they have a mini mud factory on the

'You can bathe like Cleopatra in locally-sourced Jenny milk during the spa's signature Venus Miracle treatment.'

THE TREATMENTS

Five themed treatment rooms offer Tibetan, Japanese and Indian therapies – from shiatsu to shirodhara – expertly delivered by highly qualified therapists, using handmade natural products. I chose an incredible sound massage with Tibetan Bowls (140 euros). For this vibrational massage, my therapist Vincenzo D'Orsi skilfully placed the vibrating bowls on points across my skin, sending relaxing waves through my body. The treatment is said to rebalance the body and offer psychological as well as physical benefits. Totally zoned out, I was then led to



TRY THIS...

Pomegranate & Açai Facial Mask, £39 for 75ml; janjira.co.uk

This is a luxurious, creamy face mask that's packed with nutrients, antioxidants and anti-ageing agents to soothe dry skin and help you look younger. It boasts intensive hydration – Jojoba seed oil and Shea butter leave the skin impressively hydrated and soft and can soothe any rough, dry skin. Pomegranate extract and açai oil firm and plump while mushroom extract helps to reduce the appearance of pores. Regular use will help diminish fine lines and wrinkles and consistently brighten skin. Apply generously to a cleansed face, neck and décolleté. Leave on for 10-15 minutes, remove any excess, et voilà! You're on your way to a youthful glow.



'IT WORKED FOR ME'

H&F's Eve Boggendoel gets her Zen on at Roxy Shahidi's Strength & Grace Yoga Spa Retreat

Where? Champney's Henlow, Bedfordshire, and Forest Mere, Hampshire (champneys.com)

Cost: From £299

'Emmerdale star Roxy Shahidi is lovely to be around. Completely natural, open and welcoming, she's a graceful yogi who inspired us all on this mini retreat. Encouraging us to find our way into the more dynamic, posture-led yoga classes, the sessions are co-led by psychologist and yoga teacher trainer Jasmin Bahia (bahia yoga.com), who skilfully helped us into a deeper sense of relaxation in the guided meditations.

The pair pack a lot in – five yoga sessions that explore not just postures but pranayama (breathing techniques), some basic kriyas (simple cleansing techniques), guided meditation and yoga nidra (deep relaxation). And having two teachers means there's

plenty of opportunity for individual attention and hands-on adjustments.

After just one class, I already felt more grounded and refreshed, but the beauty of a retreat at Champney's meant I could sink even more deeply into myself, so in between classes, I took myself off for a relaxing swim in the pool and a wander around the beautiful gardens. And that night, with my bedroom next to the weir (where yoga sessions take place when weather permits), the soothing sound of rushing water lulled me into a deep and peaceful sleep. Bliss.'

The next retreats take place on August 29 and September 12.



premises!), followed by a hydromassage in hot sea water.

MUST TRY

With walls encrusted with pink Himalayan salt, the beautiful Salt room is said to aid detoxification, sleep and allergies. Or bathe like Cleopatra during the spa's signature Venus Miracle (a pricey 800 euros). The treatment starts with a vapour bath on a thermal bed, followed by a scrub with snail slime and Jenny milk, sourced from a local farm and rich in beautifying nutrients including vitamin A, C, D and E plus essential fatty acids. (The farm has made a line of products exclusively for the spa). Next, you'll wallow in a bath of the milk in front of a fire, before a special massage using creams and oils with the Jenny milk and snail slime.

GET ACTIVE

Do laps in the beautiful outdoor seawater pool with views of mountains and sea, or head down to the private cove for a bracing sea swim. We ran along the hotel's jogging trails, hiked the pretty coastline and explored the mountainous Pollino National Park. Hotel staff can also organise cave swimming, diving, night fishing and paragliding among other adventures. And, for gym bunnies, there's a studio kitted

out with Technogym machines where Santavenere's PT will take you on a 'cardio fitness trail', or offer one-to-one sessions of HIIT, low-impact exercises or Pilates workouts. We loved sessions on the terrace where you can take in sea views while you lift weights or cycle. There are also tennis courts and five-a-side football.

THE FOOD

In the hotel's elegant dining room, the head chef turns local produce into fine Italian dishes – we feasted on fresh fish, seafood,

seasonal veg and homemade pasta. In summer, you can eat al fresco at the shoreline restaurant or at the shady terrace bar. Resident nutritionist Dr Francesco Garritano offers a GIFT (gradual-varied-flexible-toning) diet programme to help teach your brain to prefer good ingredients.

COST

From 130 euros (approx £92) a night per room, including breakfast (in winter) to 350 euros (approx £250) in summer. Visit hotelsantavenere.com.



NEW ZEALAND

Alps 2 Ocean

H&F's art director Lucy Pinto jumps on her bike for an unforgettable adventure down under



The quickest chopper ride in history, but it was still pretty exciting!

I always have my head buried in travel books and magazines, taking note of places I'd love to visit. So I had to tick the Alps 2 Ocean ride (alps2ocean.com) off my bucket list on a recent trip to New Zealand. It's not every day you get to travel across an incredible landscape by bike.

I love cycling – it allows you to get fully immersed in the landscape. And this trip didn't disappoint – around every corner, an amazing new view with endless stunning mountains would appear.

The route starts on New Zealand's highest mountain, Mount Cook at Mount

Cook Village on the South Island, and makes its way down the Southern Alps, past colourful lakes, rapid rivers and amazing landscapes until it reaches the Pacific coast, 301km away. We're here in summer and have chosen to do the whole thing in four days, self-guided, but you can take six days to do this medium-difficulty route, or just do one section of it, and you can hire a guide.

GETTING KITTED UP

The day before we start, we pick up our bikes at the Alps 2 Ocean specialist tour operator, Cycle Journeys' (cyclejourneys.co.nz) bike depot in Twizel, about 40 minutes' drive from Mt Cook Village and the largest town in the Mackenzie District. We're given hybrid bikes as they're the best type for the trail's mix of on- and off-road conditions. We're also given a saddlebag each, containing route maps, spare inner tubes and bike tools. There's also just enough room in the bags to squeeze in some food, a phone and some cash. Cycle Journeys will transport our main bags from place to place for us, and have pre-booked us into our simple but comfortable accommodation.

DAY ONE

77km from Aoraki Mount Cook to Twizel

On our first morning, we're out by 7:30am and are greeted with pouring rain. We bike 7km off road from Mount Cook Village to Mount Cook Airport – we have to cross the Tasman River and the only way is by helicopter! The flight to Tasman Point takes just 40 seconds. On a clear day, you can see New Zealand's highest mountain peaks. Thanks to the weather, we, however, see just the local mountains and the Tasman River flowing in all of its glory. Before we know it, we're back on the ground.

It's around 9am now, still raining and very fresh. As we make our way along the rocky trail, the weather soon clears and we see lots of glaciers. Soon we're riding beside the beautiful Lake Pukaki and stop after a while to eat our packed lunch, provided by Cycle Journeys, and take in the view. We've also packed nut bars, fruit and as much water as we can carry. We pass over the Pukaki Dam and bike through the Flats, an expansive area of grasslands with lots of twists and turns that are so much fun on the bikes. At around 5:30pm, we make it to the Aoraki Lodge in Twizel, where we're greeted with a cold beer, then hit the

shower. We head to a local restaurant over the road to refuel, excited about what's in store the next day.

DAY TWO

79km from Twizel to Omarama

Today's route is 72 per cent on road, which is quite different to day one, but great fun as we can really get up some speed. We make our way to the Ohau weir (an underwater dam), from which we split off onto the off-road shoreline of Lake Ohau. This huge glacial lake is like a disco ball of neon blues, which contrast with the beautiful yellow shrubs.

Our next leg is a steady climb (900m) to the highest point on the trail, Freehold Creek and proves to be the toughest part of the whole adventure. When we eventually reach the top (after experiencing several frustrating false summits on the way), we feel a huge sense of achievement.

After the hill, we make it to the Heritage Gateway Hotel in Omarama. We check in and head to the Omarama Hot Tubs, hefty wooden tubs that are filled with fresh water from the glaciers, powered by fire wood, and have a perfect view of the snowcaps on the mountains. It's a fantastic setting in which to reminisce about the day. We have dinner in the hotel restaurant, and get to bed early.

DAY THREE

67km from Omarama to Kurow

Feeling well rested, we start the next leg of the trail. The first section is a 24km ride along a mixture of tarmac and smooth, shingle roads. We bike past a beautiful area called Sailor's Cutting Reserve – a secluded part of Lake Benmore with lovely old boathouses. We continue on and see the enormous structure of the Benmore Dam and power station. Benmore Dam (110m high) is one of the largest earth dams in the Southern hemisphere and Benmore power station is New Zealand's second largest hydro power station.

It's a short, sharp climb to get right to the top of the dam, but it's worth it. The views of the surrounding mountains and countryside are unbelievable and you see the vast scale of the dam. We set off again, following the road along the State Highway, passing Lake Waitaki and its smaller dam.

After lunch, we head towards our B&B, the Western House in Kurow. It's tarmac all the way and we whizz past fields and more lake views for around 30km, until we arrive at 5:30pm. The owners welcome us with big smiles and a cup of tea and their sweet dog, Bonnie, curls up at our feet as we talk about their move to the area – they're

originally from England. We then walk into town for a spot of dinner at a local pub.

DAY FOUR

78km from Kurow to Oamaru

It's the final day already. As we step out of our B&B, we leave with heavy hearts knowing this adventure will soon come to an end. We head out to Duntroon, following the State Highway for miles past vast flat areas of agricultural land with rugged mountains in the background. After a while, we come to an ancient Maori rock art site that depicts birds, sailing ships, monsters and animals, plus people riding horses.

Next, we pedal on until we get to the Elephant Rocks – lots of weathered limestone rocks from one to 10m high dotted about a hillside and known for their interesting geology and preserved fossils. We take a quick snap before we head off-road through several farms, enjoying the tight turns and rolling hills.

After a quick stop at Windsor – a tiny place where we sit in a farmer's field to have lunch, we start our next leg – a combo of on- and off-road terrain until an on-road downhill run to the picturesque Oamaru Public Gardens, designed in Victorian days.

When we reach the finish point – Friendly Bay and the Pacific Ocean – we high-five each other like a pair of teenagers! We head to our hotel to eat dinner, then muster the energy to walk with tired legs to a nearby penguin-viewing point. Seeing the penguins waddle up onto the shoreline and settle in their nests tops off a truly unforgettable experience. ■



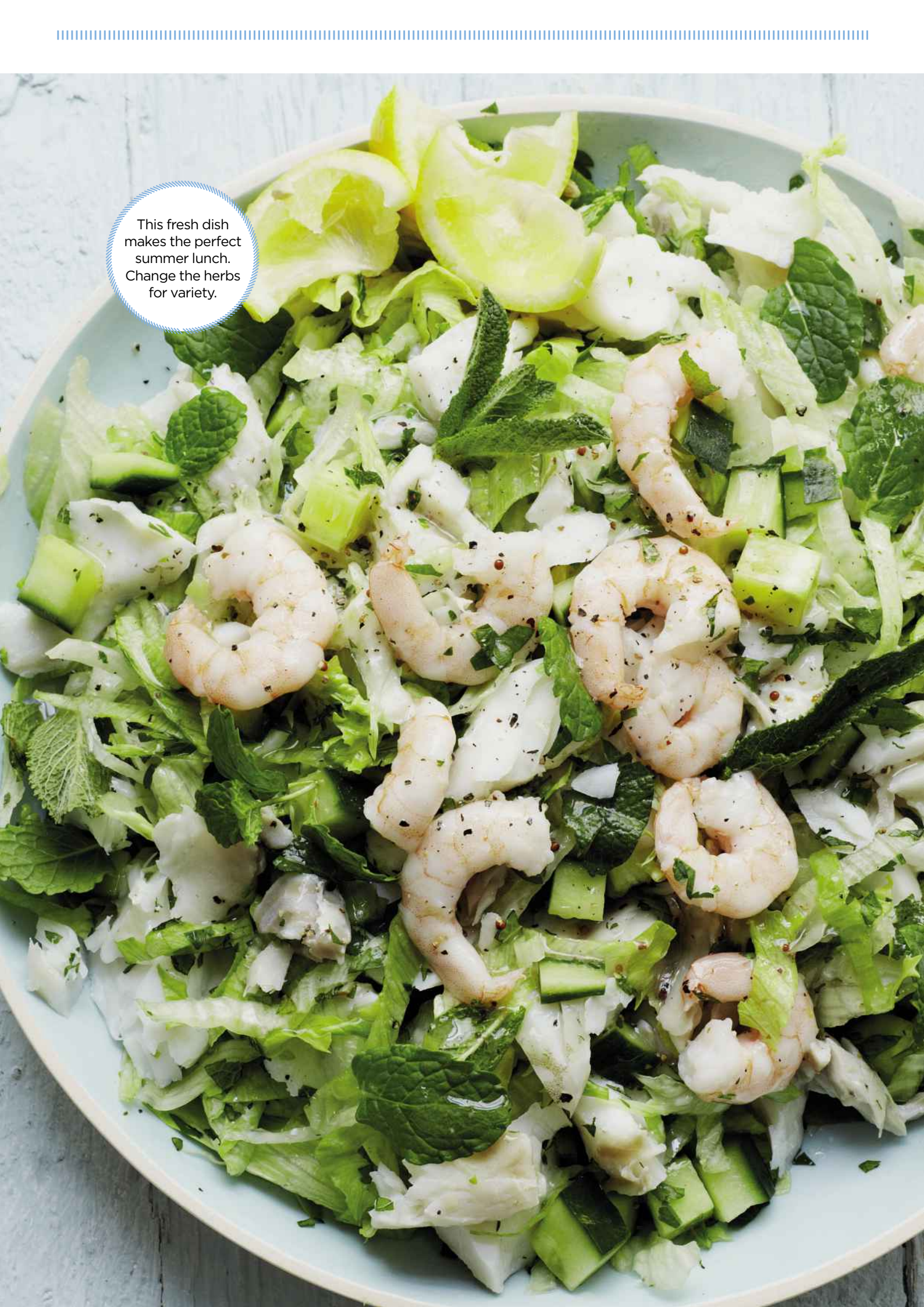
The highest point on the trail gave us endless images for the memory bank

FACT FILE

We booked in the UK through New Zealand In Depth (newzealand-indepth.co.uk). Prices for a 10-day New Zealand Cycling Adventure start from £1,285 per person based on a couple sharing. This includes a six-day Alps 2 Ocean ride, including bike hire, local transport with cottage and B&B accommodation plus daily breakfast, picnic lunch and dinner. The six-day cycle takes you from Mount Cook to the Pacific Ocean at Oamaru and you'll stay in Queenstown before and after the ride.



The view over Lake Pukaki – it really is this colour!

A top-down view of a light blue ceramic plate filled with a fresh salad. The salad consists of shredded green lettuce, diced cucumbers, and several large, cooked shrimp. Fresh green herbs, including mint and basil, are scattered throughout. A few lemon wedges are placed at the top of the plate. The plate is set on a light-colored wooden surface.

This fresh dish
makes the perfect
summer lunch.
Change the herbs
for variety.

DELICIOUSLY *light*

Keep your summer body on track with these tasty meals from diet expert Sally Bee

Summer's well underway, but with the temptation of fruity cocktails and cooling ice creams, it can be hard to stick to your diet through the holiday season. Who wants to calorie count when there are picnics and BBQs to enjoy? That's where diet expert and TV presenter Sally Bee comes in. She's created a bikini diet plan, *The Bikini Promise* (Kyle Books, £14.99), with light but delicious recipes that won't leave you feeling deprived, plus motivational diet and exercise advice. Simple and easy to follow, Bee's book helps you keep up those toned abs and arms you worked so hard for.

Sally Bee has a truly inspiring story. At the age of 36, the mother of three children suffered three heart attacks due to a rare heart condition. Her doctors credit her survival to her healthy eating and living habits. So, she's set out to spread the word with a series of recipe books and TV programmes.

The Bikini Promise is not only about healthy recipes, it's about empowering yourself and taking control of your body image. There's no calorie counting or weight shaming; this diet helps you stay as healthy as you can. The recipe section is broken down into two types of meals – active or light – so you can tailor what you eat to your activity level. As you read, you'll learn how to give your body the fuel it needs – making you aware of how to achieve that body beautiful, as well as feeling your best inside and out.

All the ingredients in Bee's recipes offer something that nourishes the body – there's no point in wasting time on food that isn't beneficial to you, she believes. Reading her book is a confidence builder: she teaches you to feel good by eating well, with quick and easy recipes. Why not grab the girls and try some out? The best way to hold onto these last few weeks of warm weather is a wonderful, healthy meal al fresco.

Quick tip

'Our bodies need certain types of food to operate properly. A bit like an engine of a high-performance car, if you put low-grade fuel in it, it won't last as long.'

WORDS: Ellie George

MINT & CUCUMBER COD SALAD

Serves: 4

Per serving: 267 calories, 25g protein, 2g carbohydrate (2g sugar), 18g fat (2.5g saturated fat), 0.7g fibre, 0.3g salt

½ kg fresh cod fillet, cut from the thick end, skin removed and cut into four pieces

Juice of ½ lemon

½ cucumber, washed and diced

½ small iceberg lettuce, washed and shredded

A small handful mint leaves, freshly chopped

A small handful of parsley, freshly chopped

Freshly ground black pepper, to taste

FOR THE FRENCH DRESSING

6 tbsp light olive oil

2 tbsp white wine vinegar

Freshly ground black pepper, to taste

½ tsp wholegrain mustard

½ tsp soft dark brown sugar

FOR THE GARNISH

25-50g cooked, peeled prawns

Lemon wedges

Sprigs of mint

Green salad, to serve

New potatoes to serve

1 Drizzle the fish with the lemon juice. Place in a large pan with a little water and a tight-fitting lid, and poach over a medium heat until just cooked. The flakes will look milky white and fall apart easily when the fish is cooked. Remove the fish from the pan and leave to cool.

2 Mix together the diced cucumber, shredded lettuce, chopped mint and parsley in a large salad bowl.

3 Remove any bones from the fish and gently flake the flesh with a fork and add it to the salad.

4 Mix all the French dressing ingredients together in a bowl and pour over the salad, taking care not to break up the fish flakes too much. Pile the mixture into four individual dishes and season with black pepper. Decorate with prawns, lemon wedges and sprigs of mint to serve.



Using the microwave for this dish makes it super quick, and retains all the goodness in the veggies.

CREAMY SALMON PARCELS

Serves: 4

Per serving: 336 calories, 34g protein, 6g carbohydrate (3g sugar), 19g fat (4g saturated fat), 5g fibre, 0.2g salt

4 heaped tbsp low-fat crème fraîche, plus 2 tbsp to serve

1 tbsp chopped fresh tarragon

Freshly ground black pepper, to taste

2 skinless salmon fillets

1 large leek, washed, trimmed and thinly sliced

70g French green beans, trimmed

50g frozen peas

1 Cut out two large squares of greaseproof paper measuring roughly 40cm across. Place the paper squares on a microwavable plate.

2 Mix the crème fraîche with the chopped tarragon and a sprinkle of black pepper in a bowl and set aside.

3 Pop a fillet of salmon in the centre of each piece of paper and top with the leek, French beans and peas. Dollop two tablespoons of the crème fraîche mixture on top.

4 Pull up the sides of the paper to make a parcel, twisting it at the top. Ensure you leave enough space inside the parcel for air to circulate.

5 Microwave on full power for five minutes, then leave to stand for five minutes, before serving with an extra dollop of crème fraîche.

Note: If you don't have a microwave, you can wrap the salmon in foil instead of greaseproof paper, and bake in the oven for 20 minutes at 180°C/gas mark 4 (don't use foil in the microwave).



A twist on the Italian classic with green veggies that tick extra health boxes!

PEA & ASPARAGUS BRUSCHETTA

Makes: 12

Per serving: 154 calories, 9g protein, 18g carbohydrate (3g sugar), 4g fat (1g saturated fat), 4g fibre, 0.5g salt

1kg asparagus spears, trimmed and woody ends removed
150g frozen petit pois, thawed
A handful of fresh mint leaves, chopped
2-3 sprigs of lemon thyme, leaves removed and chopped
1 tbsp extra virgin olive oil
150g cherry tomatoes, quartered
Freshly ground black pepper, to taste
1 garlic clove, peeled and halved
12 slices of ciabatta bread
125g low-fat mozzarella cheese, diced

1 Blanch the trimmed asparagus spears with the peas in boiling water for about three minutes. Drain, refresh under cold water and set aside.

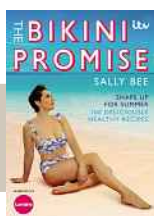
2 In a large bowl, mix together the mint, lemon thyme, olive oil, cherry tomatoes and cooled asparagus and peas. Season with black pepper.

3 Pre-heat the grill, and while the grill is heating up, rub the two garlic halves over the bread slices and pop them on a baking tray. Pile the asparagus mixture onto the garlicky bread slices, sprinkle over the diced mozzarella and place under the grill for two to three minutes. Serve immediately.

BEE'S HEALTHY BODY EATING TIPS



- When losing weight, the protein and carbohydrate in any meal shouldn't be larger on the plate than the size of your hand.
- Cut out alcohol until you've reached your target weight.
- It's important to fast for 12 hours a night – your body needs time to rest and digest. Always have your last meal of the day 12 hours before you're due to have your breakfast the following day.
- Start a food diary. You'll see the empty calories you're eating and what time of day you're craving sweets. This will help you plan when your meals are and what to eat.
- Change your mindset! Imagine you already have your dream bikini body. Start behaving, thinking, feeling and acting like you're already in this body. What would this person eat? How would they eat? How much would they eat?



The Bikini Promise by Sally Bee is published by Kyle Books, priced £14.99

Fitness Superstore

The UK's Largest
Fitness Equipment Showrooms

Find us on   



BODY POWER

Revolution Adjustable Dumbbells & Stand

**SAVE
£249**

was £698

NOW £499

- Adjustable dumbbells (pair): adjust in 2kg increments from 2 to 20kg, includes cradles
- Includes the Revolution Dumbbell Stand
- Space efficient
- Heavy duty frame
- Compact and easy access design
- Soft grip handle



HORIZON
FITNESS

Horizon Oxford 5 Folding Air Rower

was £749

NOW £599

**SAVE
£150**

- Product dimensions (LxWxH): 253 x 54 x 101cm
- Maximum user weight: 130kg (20.5 stones)
- Heavy-gauge steel frame: stable and secure
- ErgoForm seat
- Console: 5.4" LCD

BH

**SAVE
£300**

SB1.4 Indoor Cycle

was £549

NOW £249

- (LxWxH) : 104 x 49 x 117cm
- Maximum user weight : 110kg (17st approx.)
- Friction braking system : with emergency lock
- Adjustable racing seat: horizontal / vertical adjustments
- Secure racing pedals: with toe clips
- Transport wheels: easily move and adjust bike positioning



NordicTrack®

NordicTrack T9.2 Folding Treadmill

was £1199

NOW £695

**SAVE
£504**

- iFit Live Compatible
- Maximum user weight: 150kg
- Easy storage: vertical storage with SpaceSaver design and EasyLift Shock Assist
- Workouts: 20 workout apps (10 calorie goal, 10 Distance)
- Dual-Grip EKG™ Heart Rate Monitor and Polar® T34 Wireless Chest Pulse Strap included.



Visit us online!
5%
extra off* when you use promo code
handf5

iFIT
powered by Google maps

LifeFitness

X1 Elliptical Trainer with Track Plus Console

was £2195

NOW £1595

- Drive system: Patented Link6 elliptical drive system
- WhisperStride technology: provides quiet, fluid stride
- Resistance: 20 levels
- Workout feedback Display
- 14 Workout programmes
- Heart Rate Monitor
- ErgoGrip stationary front handlebar



**SAVE
£600**

BOWFLEX

MAX Trainer M5

was £1799

NOW £1499

**SAVE
£300**

- 16 Resistance levels
- Interactive console
- 9 Workouts
- MAX Interval™ workout: 14 minute programme burns
- Syncs with free Max Trainer App™
- Heart rate monitoring
- Premium handlebars
- Accessories: Tablet media shelf



**MAKE YOUR HOME A
BOOTCAMP**

**KETTLEBELLS
POWERBAGS
RESISTANCE BANDS
and more...**

NAUTILUS

T624 Folding Treadmill

was £1499

NOW £999

- Quick access speed buttons
- Running area: 51 x 140cm approx.
- Console LCD workout metrics display
- 32 Workout programmes
- Heart Rate Monitoring
- Strike Zone™ Cushioning



**SAVE
£500**

- ✓ Buy Now - Pay Later ✓ Expert Advice ✓ Free Delivery
- ✓ Over 3,000 Products On-line ✓ Price Promise Guarantee

FREEPHONE : 01604 673000

VISIT: www.fitness-superstore.co.uk

HUGE SAVINGS ON BIG BRANDS

Octane
FITNESS

Body-Solid
Built for Life

HORIZON
FITNESS

LifeFitness

BOWFLEX

POWER PLATE
Discover the Difference

Order by phone, online or visit one of our 10 UK stores : Open 7 days a week!

* discount excludes Technogym, Concept 2, Table Tennis and ex display units



WORKOUT HANDBOOK

* 17 PAGES OF EXPERT ADVICE AND INSTRUCTION

INSIDE

96 Target zone

Tummy toners.

98 Jump to it!

Plyometric moves to boost your power.

104 Fit knowledge

Gym-proof your skin.

106 Advanced training clinic

Focus on... legs and bottom.

107 Move of the month

Release your tight shoulders.

108 Run knowledge

What running can teach you about life.

112 Kit test

Sports skorts.

113 Success story

'How I beat an autoimmune disorder.'





BIKINI ABS

Feel your best and show off your abs this summer with this tummy-toning workout

TORSO

Control the move on the way down as well as the way up to engage your muscles throughout the entire move.

You can do this workout anywhere. Perform each exercise one after the other, then repeat the circuit three times.

FEET

To increase the difficulty, don't allow your feet to touch the ground in between reps

LEGS

Keep your legs straight throughout the move

B**A**

STARFISH CRUNCHES

Reps: 10 each side

Benefits: Targets your abs, thighs and hip flexors. The twisting motion will also hit your obliques and lower abs.

○ Start lying on your back with arms overhead and your arms and legs both out wide, so your body forms an X shape on the ground. Engage your core to lift your legs off the ground then crunch up (A).

○ Bring your right leg straight up into the air as you bring your left arm up and across your body to touch your right foot (B). Slowly lower back to the starting position, then repeat on the other side, bringing your right hand up to meet your left foot.





SIDE PLANK LIFTS

Reps: 20 (10 each side)

Benefits: Works your love handles, also known as your obliques, plus your hips and outer thighs.

○ Start in a side plank with your right hand on the floor directly underneath your shoulder.

○ From here, lower your hips towards the floor (A), then engage the right side of your body to lift your hips back up as high as you can (B). That's one rep.



HIGH PLANK KNEE TO ELBOW

Reps: 20 (10 each side)

Benefits: Boosts shoulder strength, balance and co-ordination. Also promotes better posture and increases stability along your spine.

○ Begin in a press-up position with your hands on the floor, beneath your shoulders (A).

○ Engage your core, then bring your left knee towards your right elbow, twisting slightly to help work your obliques (B).

○ Alternate sides with each rep, then come out of the plank by lowering both knees to the floor.

EXTENDED CRUNCHES

Reps: 15

Benefits: Tightens your six-pack muscles, thighs and hip flexors.

○ Lie on the floor with arms over your head and feet a few inches off the floor. Draw your abs in. Then, using your core muscles, crunch up (A).

○ As you come up to sitting, bring your knees in close to your chest, and bring your arms towards your shins (B). Lower slowly back to the starting position. That's one rep.





JUMP TO IT!

Put a little bit of explosive power into your step to burn fat and build lean muscle

A hardcore workout can be achieved with minimal kit, your bodyweight and a bit of explosive power. Take plyometric exercise, for instance. These jumping moves (think burpees, bench jumps and press-ups with hand claps) are what the pros call 'plyometrics' and they're worth doing because they build power, enhance strength and zap fat – and the majority of plyometrics can be done anytime, anywhere.

'Plyometrics is training for maximum force production,' explains Scott Laidler, celebrity trainer. 'This should be of great interest to any athlete because if you can create more force, this could mean faster acceleration, improved reaction time, faster direction changes and increases in power.' But plyometric exercise isn't just for competitive types – data shows that a mere hour of jump-based moves burns a whopping 544 calories*. Yes, we thought that would get your attention. Further studies show that plyometric exercise could also build bone density and ward off injuries. The key is to do these moves correctly, starting slowly and gradually increasing the intensity.

Wondering where plyometrics fit into your exercise plan? Well, there's no hard and fast rule. Athletes might dedicate an entire four- to eight-week training phase on plyometrics alone, using it to boost speed, agility and focus. For everyone else, it pays to weave plyometric training into a workout schedule, dedicating one to two sessions per week to plyometrics or adding jump-based moves to existing workouts. 'Many people enjoy the explosive nature of plyometric training, as it adds an element of fun and athleticism to a strength-based programme,' says Laidler. 'The trick is to perform plyometric work to loss of form only [stop when your technique gets sloppy], so it's best to do it at the start of your workouts.' Ready to put a spring in your step? You can head to the gym or even outside to do one of these simple workouts.



YOUR TRAINER

Scott Laidler is a personal trainer and nutritionist whose clients include Natalie Imbruglia and Hollywood actor Owain Yeoman. Support your plyometric workouts with Scott's Culinary Athletic meals, available to order in August 2015 from scottlaidler.com.

YOU'LL NEED

- A medicine ball
- A step or park bench
- A barbell (optional)
- A friend



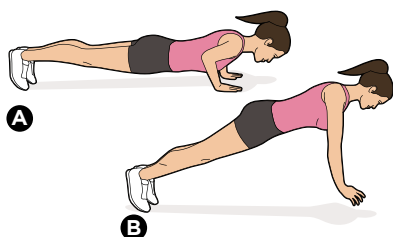
#1

UPPER BODY

PLYO PUSH-UP

Reps: 3 x 6

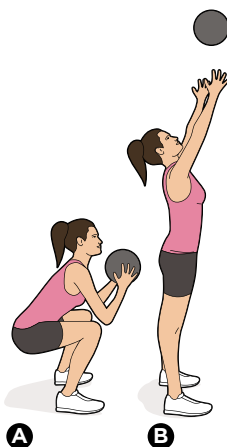
Begin in a high plank position with wrists under shoulders and your body in a straight line. If this is too tough, drop your knees to the floor. Bend your elbows to lower your chest towards the floor (A). Push up hard enough for your hands to come off the ground (B). When you hit the floor, immediately start the next repetition by bending your elbows to lower your chest.



TWO-HAND OVERHEAD THROW

Reps: 3 x 10

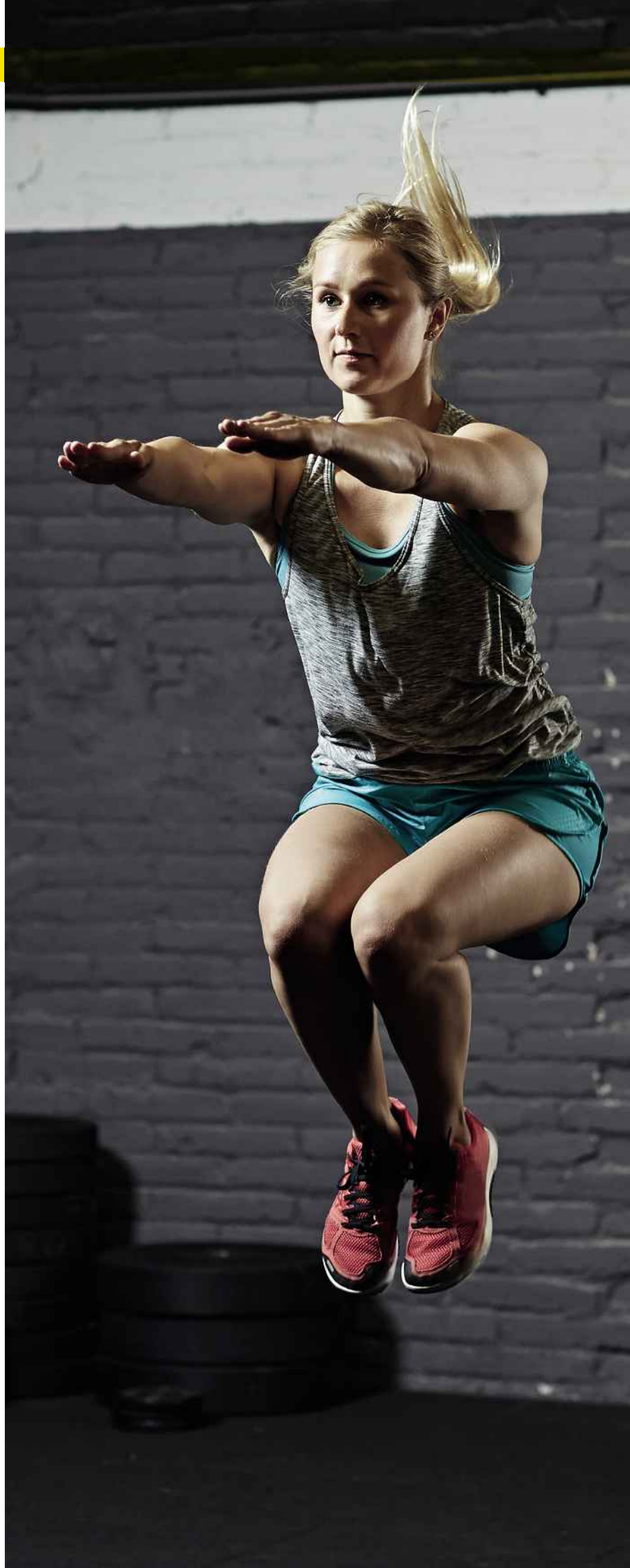
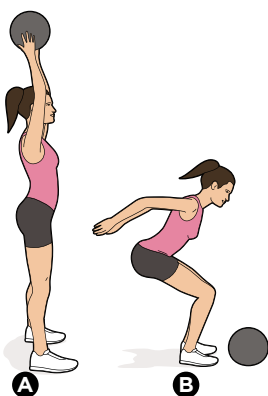
Stand with your feet hip-width apart and a medicine ball in both hands. Hold the ball at chest level with your elbows bent. Squat down (A) and push through your heels to rise up, throwing the ball up into the air overhead as you stand (B). Catch the ball, squat and repeat.



MED BALL SLAM

Reps: 3 x 10

Stand with your feet shoulder-width apart and hold a medicine ball above your head (A). Reach back as far as you can, bend your legs and slam the ball onto the floor in front of you (B). Pick up the ball or catch it if it bounces and repeat.





#2

LOWER BODY

BOX JUMP

Reps: 3 x 10

Stand less than a foot away from a Step, bench or low wall with feet shoulder-width apart and knees bent. Swing your arms back and prepare to jump (A). Using your arms to propel you forward, jump onto the step with both feet (B). Land in a squat position and jump back down. That's one rep.



ONE-LEG BURPEE

Reps: 3 x 4 (each leg)

From a high plank, bend your right knee to raise your right foot off the ground (A). Push off your left foot to jump your knees towards your elbows. Jump straight up with your right leg bent (B). Land on your left leg and place both hands on the ground. Jump back out into high plank, keeping your right leg bent. Repeat.



In plyometric exercises, muscles are loaded with a lengthening action, then immediately shortened to reach their optimum force in the fastest time possible.

ZIG-ZAG HOP

Reps: 3 x 10

Place a marker on the ground, such as a skipping rope, agility ladder or series of cones. Start at the end of the marker and stand on your left leg. Hop to the left, landing on your left foot (A) and then hop to the right, landing on your right foot (B). Continue alternating for 10 hops.





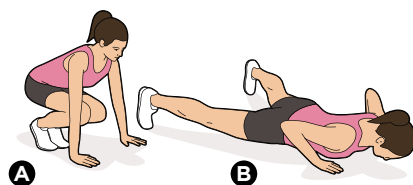
#3

FULL BODY

SPRAWL

Reps: 3 x 6

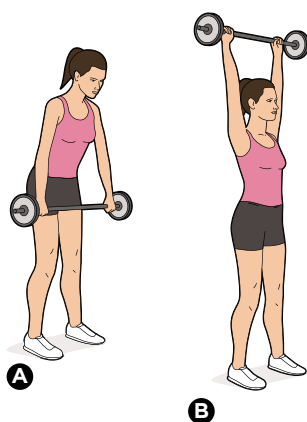
Stand with your feet hip-width apart and immediately squat down until your hands touch the floor (A). From this crouched position, jump your feet back and out, so your feet are wider than shoulder-width apart (or either side of a mat). Land gently on your chest and stomach with feet wide and face down (B). Jump feet back to the crouched position, then stand up and repeat.



BARBELL CLEAN & PRESS

Reps: 3 x 8

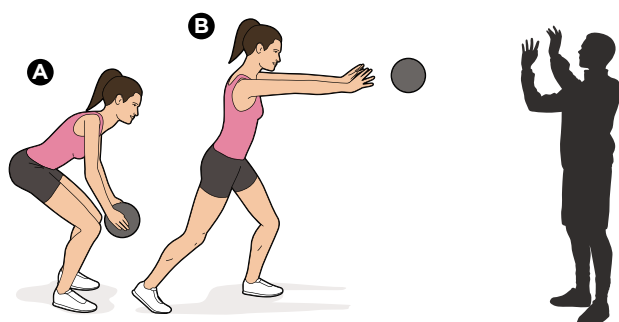
Stand with your feet hip-width apart and the balls of your feet under the bar. Squat down to grab the barbell with a shoulder-width grip. Quickly straighten your legs and push your hips forwards to stand up (keep the bar close to your shins as you rise, A). Pull the bar up to your chest, then flip your hands over so your arms are under the bar. Bend your knees and explosively rise up to push the bar overhead (B). Reverse the sequence to lower the bar. If you don't have a barbell, try performing a medicine ball clean and press exercise instead.



RETURN PUSH FROM STANCE

Reps: 4 x 10

Begin in a semi-squat position with your feet beyond hip-width apart and hands ready to catch a medicine ball. On your partner's signal, move into a position to receive the pass from your friend. Catch the medicine ball with both hands (A) and throw it back to your buddy (B). Repeat. ■





You may think of plyometrics as jumping moves, but you can also do explosive arm moves with a medicine ball, for instance.





Sure, you don't work out to get good skin, but you don't expect to be plastered with pimples after a sweat session either. And yet experts claim poor gym hygiene could do just that. According to Dr Noor Almaani, a consultant dermatologist at The Private Clinic of Harley Street, post-workout breakouts happen. 'Naturally-occurring skin yeast overgrows in hot, sweaty environments, and this can lead to inflammation around the hair follicles and acne-like spots.' Lovely. And these skin afflictions could be on the rise. Those in the know say the current trend to wear activewear as day wear is seeing gym-goers stay in their sports kit for long periods, leading to a host of skin irritations. 'Travelling to and from sports activities is often such a rush that women are tempted to stay in their wet, sweaty kit for too long,' explains Stacey Jackson, founder of hypoallergenic womenswear line Stae Fit. Follow these simple tips to keep your glow healthy.

1 BRASH

It's true that sports bras are among the best workout creations for women, but leave them on for too long and you might get a red rash on your chest that experts have coined 'brash' (aka breast rash). 'Breast rash is a skin irritation caused by either friction or over perspiration,' explains Michaela Bolder, skincare expert. 'It's essential to remove your gym kit as soon as you've worked out, and spend money on good bra that can help absorb perspiration.' The best remedy is also the most obvious – don't wander around in your sweaty sports bra. But if that's not possible (hey, sometimes it isn't), soothing skin treatments such as calamine lotion will take the heat out of the rash. *TRY: Pure cornstarch in Jack Black Dry Down Friction-Free Powder (£14.95 for 170g; boots.com) protects the skin under straps from rashes (1). Wear a skin-friendly Stae Fit Sports Bra (£69.99; stae.fit.com), designed with help from dermatologists.*

2 CHUB RUB

Despite being affectionately known to fitness fans as 'chub rub', suffering from this inner-thigh chafing isn't so lovely. It also doesn't mean you're chubby – alright? Instead, the red rash is the result of exposing your bare thighs to warm conditions. When you move about in cool weather, your thighs glide smoothly past each other. In hot conditions, when you're nice and sweaty, they stick together and friction occurs. 'Chafing can sting, burn and cause a bright-red rash that makes it painful to walk, let alone run!' says Carrie Osman, founder of intimate care range, SASS (wearesass.com). 'It's easy to feel embarrassed but it happens to loads of us and the most important thing is that it doesn't hold you back!' Hear, hear. *TRY: Protect intimate skin before exercise begins with the friction-reducing SASS Sportive Intimate Protection Barrier Cream*

(£14 for 100ml; boots.com); treat sore skin with Cuticura Mildly Medicated Talcum Powder (£4.20 for 250g; boots.com) to reduce the risk of infection (2).

3 BACNE

Fact – your high-intensity workout could be clogging your pores with dirt, oil and sweat. Yuck! And when your pores become clogged, spots are formed. Unfortunately, the pores on your back are larger than those on your face, meaning they're more likely to get blocked. To stop acne in its tracks, cleanse immediately after exercise with a wash boasting de-clogging ingredients. Salicylic acid and benzoyl peroxide are great spot fighters, while kaolin clay can help to absorb excess oil. 'Wearing light, breathable materials and showering straight after training can also help prevent acne on the back, chest and arms,' adds Dr Terry Loong, a cosmetic doctor (drterry.com). *TRY: Hit those hard-to-reach areas with the witch-hazel-infused Spa Find Perfect Purity Anti-Spot Clearing Spray (£28.60 for 50ml; shopforspa.com, 3). Target spots with Murad Detoxifying White Clay Body Cleanser (£30 for 200ml; murad.co.uk) which contains detoxifying kaolin clay and cleaning glycolic acid.*

4 PRICKLY HEAT

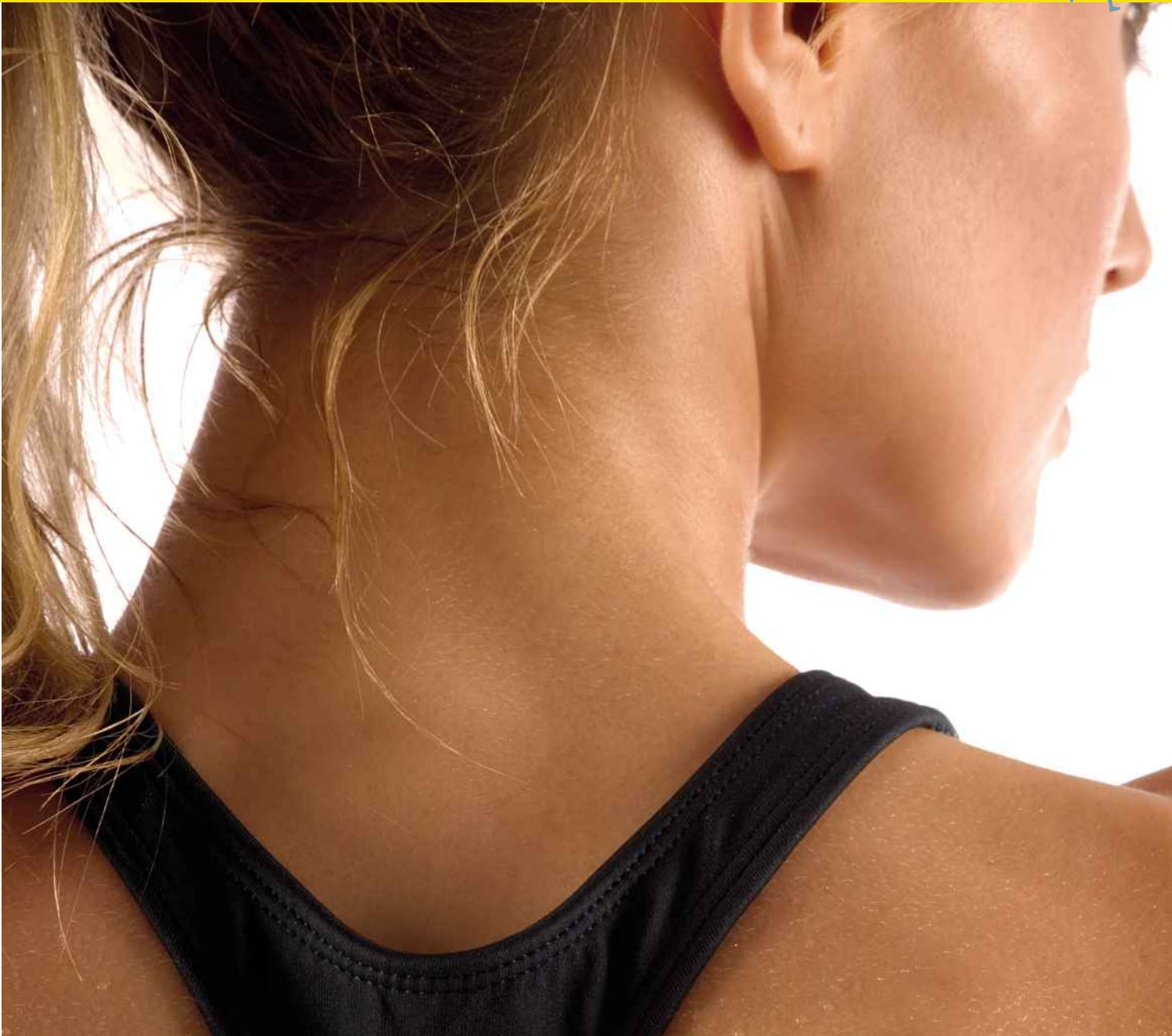
If you break out in an itchy rash after exercise, you could be suffering from prickly heat. High-intensity sessions create the perfect environment for the rash, which happens when sweat glands get blocked and trap perspiration under the skin. 'Activities that lead to excessive sweating can aggravate the condition, particularly if you're wearing synthetic and non-breathable clothing,' says Dr Almaani. 'The rash can appear as clear bubbly blisters that don't itch or a red, itchy rash that lasts for five to six weeks.' Nasty. Cool skin with non-greasy lotions and use an antiseptic wash to reduce the likelihood of infection.

TRY: MOA The Green Balm (£12.50 for 50ml; moa.london) is packed with yarrow to calm inflamed skin (4). Revive stressed skin with What Skin Needs Skin Balm (£13.99 for 75ml; whatskinneeds.co.uk). It's full of plant-derived plantolin, which soothes, renews and protects.

5 SWEAT PIMPLES

These dreaded pimples look similar to acne, but actually occur when hair follicles get blocked with dead skin cells and bacteria. The condition, also known as malassezia folliculitis, is surprisingly common among fitbies and can occur on the face, chest and even the (ahem) butt. How can you tell the difference between sweat pimples and normal spots? 'Always suspect malassezia folliculitis if the lesions are itchy,' says Dr Almaani (theprivateclinic.co.uk). 'Treat it with non-comedogenic cleansers and moisturisers, and anti-dandruff shampoos can be used as body cleansers as well.' *TRY: Salicylic acid in Trilogy Blemish Control Gel (£12.50 for 20ml; trilogyproducts.com) will clear congestion and debris from blocked follicles (5). Wash with Proactiv+ Medicated Cleansing Body Bar (£17 for 150g; proactiv.co.uk) to unclog pores and stop breakouts.*





GET *GLOWING!*

If your skin breaks down after you work out, follow these tips to gym-proof your skin

JEAN-CLAUDE'S
FITNESS FIXFocus on...
LEGS &
BOTTOM

How to get your lower body looking its best

We'd all love lean legs and pert derrière. But it's not all about looks – it's also about function. Strong glutes (bottom muscles) and legs are important for just about every aspect of fitness and overall performance. They provide the platform from which all movement is generated, and they keep your hips stable, which in turn helps give you a strong and stable torso.

LOWER-BODY

While core training still seems to grab most of the limelight, strong legs and a stable pelvis, due to strong glutes, are arguably far more important for overall strength. In fact, developing a strong foundation through your lower body will do more for your overall core stability than any specific torso exercises will do. The good news is that you can challenge both your core and

lower body simultaneously by using bodyweight training.

Bodyweight training encourages you to work through a full range of movement and places less stress on your joints, particularly your knees. Many people start adding weights too early when they're new to the gym, particularly when it comes to knee-dominant exercises, such as squats and lunges. This might not seem a problem initially, but in the long term, it encourages and reinforces poor form, which can lead to injury and lack of results.

The added benefit of bodyweight training is that it's easy to incorporate some more

dynamic exercises such as sprints and jumps, which will challenge your strength and also boost your heart rate and metabolism – great for fat loss and athletic conditioning. You'll recruit more muscle fibres doing these dynamic exercises, boosting strength and muscle gains and burning loads of calories too. Try the moves below for strong, toned legs and a rock-hard bottom.

Personal trainer Jean-Claude Vacassin owns W10 Performance gym in West London. He has advised athletes, sports brands and film companies, as well as working in nutrition, functional medicine and rehabilitation. Visit w10performancegym.com.



Exercises such as squats will help you achieve a strong, pert bottom and defined legs.

3 OF THE BEST LOWER-BODY MOVES

**Paused burpee broad jumps**

Stand with your feet hip-width apart.

Bend forwards, placing your hands on the ground, just wider than shoulder width. Jump your feet back so your body's in a straight line, almost parallel to the floor. Pause in this tall plank position for two seconds, actively engaging all your muscles, before jumping your feet back to the starting position. As you stand up, jump forwards with both feet as far as you can. Repeat for 10 reps.

**Hill sprints**

Find a hill that's about 40m long, then do a 10-minute warm-up, making sure you incorporate some jogging,

dynamic stretching, then shorter sprints at around 90 per cent effort. When you're warmed up, sprint from the bottom of the hill to the end point as fast as you can, making sure you keep your form the whole time. Walk back down to the bottom and rest until you feel ready to go again. Repeat this as many times as your technique will allow.

**Tempo squats**

Do regular squats, but follow strict timings. Standing with your feet shoulder-width apart

and turned out to the degree that's comfortable, squat down at the given time, keeping your chest up, shoulder blades squeezed together and core engaged. Pause at the bottom, before returning to the start position at the given time. Try six to 10 reps with a six-second tempo for each phase ie six seconds down, six second hold, six seconds up.



STRETCH YOUR *chest*

Open up your upper body and look tall, lean and confident with this relaxing move

Keep your hand in line with your elbow and twist away from the wall as far as is comfortable.

WALL HEART OPENER BENEFITS

This stretch is fantastic for the upper body. It'll stretch out your chest and the front of your shoulders, which is perfect if you feel hunched after sitting at a desk all day, or you've been cycling or carrying children. You can focus on one side at a time and do it anywhere there's a wall. It's a great move for resetting your posture.

HOW TO DO IT

- Start kneeling down, facing the wall.
- Place your right forearm on the wall, palm down, elbow at shoulder height.
- Keep your chest lifted as you begin to walk your knees around to the left until your torso is at right angles to the wall.
- When you feel a good stretch, stay there and hold for 30 seconds.
- Release the pose, face the wall again, and repeat the stretch with your left arm. Move your knees to the right this time.

MAKE IT EASIER

If you want more control in this stretch, stand up to do it. Keep your shoulder and elbow against the wall and use your legs to roll the left side of your body away from the wall. You can also try moving your elbow slightly forwards or backwards to change the stretch.



LESSONS ON THE TRAILS

For those of you who haven't already fallen in love with running, you're missing out.

There have been thousands of studies on how the organic activity improves heart health, decreases disease risk, boosts bone strength, zaps body fat and increases lower-limb power – and that's just scratching the surface of what this sport could do for your body. But for many, the reason to run has less to do with its physical gains and more to do with how the activity can enhance the mind. Because, if there's one thing to like about running, it's how hitting the roads or trail provides the opportunity for clarity, contemplation and reflection. Want to know more? We tapped a panel of running pros to find out what pacing the pavements has taught them about life.

“I’VE STARTED TO LIVE IN THE HERE AND NOW”

‘Running has made me realise how important it is to focus on the road you’re on. You can’t do anything to improve the miles you ran yesterday and you can never know for certain what the road up ahead has in store – all you can do is keep running along the road that you’re on. Like life, it’s about dealing with the present – just keep putting one foot in front of the other and believe that it’s because of the miles you’ve already run that you’re better prepared for whatever’s coming next.’

Running coach George Anderson
(runningbygeorge.com)

“RUNNING HAS TAUGHT ME TO JUST LET GO”

‘Being a barefoot runner and competing in Vibram Fivefingers, I’ve found that running has taught me many things that I now apply to life. Running as nature intended has helped me realise where my imbalances lie, both mentally and physically. It’s through running that I’ve learnt to just “let it go” in life. I have a very demanding job (working as a director for

Healthcare-RM) and running is my escape. It allows me to clear my mind. With every step I take, I remind myself to look to where I’m going and just focus on putting one foot in front of the other. I let go of all the junk in my mind and live in the moment. This means that any mountain or challenge is broken down into bite-sized chunks. My motto is to challenge your limits, don’t limit your challenges!’

Adam Hamilton, team GB triathlete and Bio-Synergy ambassador

“I’VE LEARNT TO TAKE LIFE AS IT COMES”

‘Running has taught me not to overthink situations. Put it like this – an average person’s stride length is 2.5 feet, which, over 10 miles, would be 20,000 steps. If I went into every 10-miler with the mentality that I have to complete 20,000 steps before I can have a shower and put my feet up, I’d be tempted not to bother. Some situations require you to leave your rational head at home on the couch! Yes, 20,000 steps is a lot but don’t forget the solace and tranquillity that lies within the revered “runner’s zone”. What’s 20,000 steps



when peace of mind, health and wellbeing is waiting for you at the finish line? If I'm honest though, I prefer to think of it like this – 10 miles stands between me and my bar of chocolate, and nothing is getting in the way of me and my cocoa fix!

Tom Irving, sports nutritionist, dietician and nutritionist for
discount-supplements.co.uk

“RUNNING HAS TAUGHT ME THE VALUE OF HARD WORK”

‘Throughout my career, running has shown me that there are no shortcuts. When you want to improve and you want results, you have to put the work in. Session after session, you have to push yourself. As the saying goes, if it doesn't challenge you then it doesn't change you! In life, it's easy to stay in your comfort zone, but you discover more about yourself when you push the boundaries. Don't set yourself limits; set yourself goals and work consistently to achieve them.’

Ben Gregory, team GB decathlete and Bio-Synergy ambassador

“RUNNING TEACHES THE IMPORTANCE OF GOAL-SETTING”

‘If you want to improve, set some goals that are specific to the target, then make your training relevant. It's easy to bumble along in life and running, never improving or really achieving anything other than mediocrity. Target your training and plan the journey – something special might just come your way as a result!’

Nick Anderson, Saucony and GB running coach

“I RUN TO PROVE MY LIMITS ARE NOT WHAT I THOUGHT THEY WERE”

‘Running can be empowering and invigorating. I run to feel free, to see new landscapes, to discover new places, to be with friends, to test myself and to prove my limits are not where I thought they were. This passion for running is evident in the work that I do with Parkrun (parkrun.org.uk) and as an ambassador for Fitbit (fitbit.com). You can't fail to be moved by the joy,

achievement and satisfaction on everyone's faces [after a run], and the sense of camaraderie and community that it brings.’

Chrissie Wellington, four-time Ironman triathlon champion

“I NOW FOCUS ON BEING STRONG RATHER THAN THIN”

‘In the lighter months of the year, I run home from work and feel far more energised and generally enthused about the day ahead. I wear brighter clothes, spend more time outdoors and tend to crave less stodgy food, which is great for maintaining my fitness levels and helping me feel more relaxed. I like the fact that Ella [Jenni's daughter] sees me exercising. I don't want her to grow up obsessed with her weight. I'd love it if she could focus on being strong rather than thin.’

Jenni Falconer, TV presenter and five-time marathoner is an ambassador for Nelsons
(nelsonsnaturalworld.com) ■



Don't take ibuprofen as a preventative measure before a run.



RUNNING EXPERT

H&F running coach **Sam Murphy** answers your training questions

Q I've been having pain in my knees but they don't hurt if I take ibuprofen. Is it safe to do this?

A Ibuprofen is used so prolifically by runners that in some circles, it's fondly known as 'vitamin I'. One review of the medications taken by top-level athletes found that 27 per cent of drugs taken were non-steroidal anti-inflammatory painkillers (of which ibuprofen is one). Most of us would admit to having popped a couple of pills on the odd occasion to get through an important training session or race – and doing so is unlikely to have any harmful effect.

However, when NSAID painkillers are taken too regularly, or in high doses, it can present a problem. Studies have shown that they can damage the digestive tract, increase gut permeability and place stress on the kidneys. There have been reports from the medical tents of some ultras (races longer than a marathon) of severe kidney problems resulting from runners taking pills to numb pain along the way. And new research suggests that as a preventative measure,

they have little effect anyway: a Brazilian study found that when runners with exercise-induced leg muscle soreness took 1,200mg of ibuprofen prior to a treadmill run, it did not have a beneficial effect on their performance. In fact, the pill poppers showed a four per cent greater decline in performance than a placebo group when compared to how both had fared in an identical test at the start of the experiment.

David Nieman, a professor of health and exercise science at Appalachian State University and keen runner has conducted research on this issue and he advises runners not to use ibuprofen as prevention, nor to dampen down pain sufficiently to allow them to run. 'There is no scientifically valid reason to use ibuprofen before exercise and many reasons to avoid it,' he says.

The best course of action is to find out why your knees hurt when you run. A clinical gait analysis will reveal any shortcomings in your strength, flexibility and running form, which you can then address. The bottom line? Now and again, downing a painkiller isn't a problem but never use it as a long-term fix.

NEW KIT

1 KALENJI ELIO RANGE

From £3.99; [Decathlon](#)
We can't get enough of the summery Elio collection from Decathlon's exclusive Kalenji line. The made-to-match outfits feature clever cable feeds and zip pockets for runners who like listening to music on the go.



2 X-SOCKS RUN SPEED TWO

£14.99; [ardblairsports.com](#)
Don't overlook the importance of good socks. X-Socks are designed for the female foot and the latest style even boasts tendon protection – perfect for long-distance runners!



3 ON CLOUDCRUISER

£125; [on-running.com](#)
Are you a bit heavy-footed? The unique weave of pods on the sole of these shoes creates a softer landing that's perfect for high-impact runners.



THE ONE TO RUN

9BAR 9X9
OCTOBER 10, 2015

Love a challenge? Head to Loseley Park in Surrey for this 9am-9pm festival. The event takes place around a 9K lap and runners can complete anything from three (27k) to a whopping nine (81k) laps. [9bar9x9.com](#).



WIN!

A DIPLOMA IN PERSONAL TRAINING

Turn your passion for health and fitness
into a career doing something
that you love...

**Worth
£3,695**

**Would you love to be a
personal trainer and earn
your living inspiring others
to get into shape? Now's your**

chance! Premier Training International is offering one lucky *H&F* reader the chance to become a fully qualified personal trainer for free – saving a whopping £3,695! You can choose to take the course full- or part-time at any of Premier Training's locations across the UK.

The Diploma in Fitness Instructing and Personal Training is the industry recognised 'gold standard' training course which will allow you to immediately apply for work or set up on a self-employed basis as a gym instructor or personal trainer. Or if you're not quite ready to give up your day job just yet, it's also a great way to supplement your earnings or enhance your fitness knowledge.

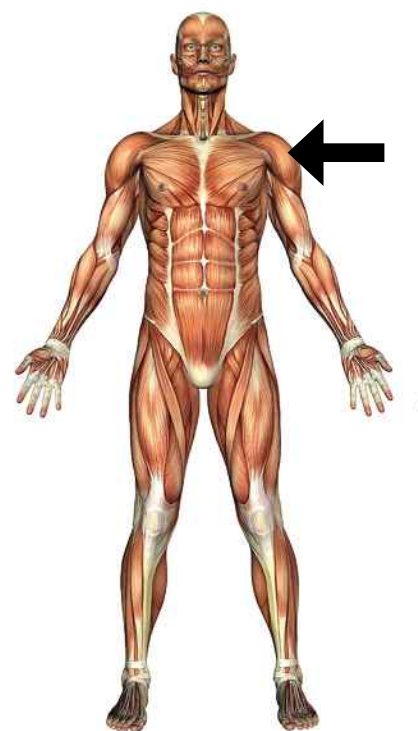
The course includes modules on kettlebells, circuit training, business and marketing, nutrition and much more.

HOW TO ENTER

To be in with a chance of winning, look at the image on the right and decide which muscle the arrow is pointing to.

Submit your answer to:
[premierglobal.co.uk/
healthandfitnessmag](http://premierglobal.co.uk/healthandfitnessmag) by September
1, 2015. The winner will be informed
by September 10, 2015.
Good luck!

- A Biceps brachii**
- B Pectoralis major**
- C Anterior deltoid**



premier
TRAINING INTERNATIONAL

Premier Training International is the leading health and fitness training provider. To find out more, visit premierglobal.co.uk or follow it on Twitter @PTinternational or on Facebook/PTinternational

Sports skorts



H&F's Intern **Ellie George** put these skirt and shorts combos through their paces



GORÉ BIKE WEAR ELEMENT LADY SKIRT+ £74.99; goreapparel.co.uk

'This lightweight, breathable skort is amazing for cycling any distance, thanks to padding in the shorts and grippy material that keeps them from riding up. The skirt fabric moves

with you, doesn't get in the way and hides the bulkiness of the padding for a flattering look. There are reflective touches and a side mesh pocket in the shorts for a gel, too.'

LOOK ★★★★★ PERFORMANCE ★★★★★

SALOMON AGILE SKORT £45; salomon.com

'This flattering skort is extraordinarily lightweight, making it ideal for long-distance runs. It'll stay put on your waist, thanks to an elastic waistband and drawcord combo and has an easily accessible zipped pocket in the back of the skirt for gels or keys. The ActiveDry, AdvancedSkin water-resistant, quick-dry skirt layer will help keep you dry on the trails, but it's a little restrictive if you have long strides, as it isn't stretchy.'



LOOK ★★★★★
PERFORMANCE ★★★★★

WELLCIOUS SKORT £27.98; wellicious.com

'This understated skort is a great all-rounder for yoga, long walks and casual bike rides, plus everyday wear. The material moves with you and the shorts are a bit longer than some of the others and don't ride up, giving you a good amount of modest coverage. It's made from a soft, stretchy cotton fabric which is so comfy, you won't want to take it off! Go from yoga class straight to coffee. It's invaluable for your summer sports wardrobe.'



LOOK ★★★★★
PERFORMANCE ★★★★★

HEAD WOMEN'S ADA SKORT £29.99; tennisnats.com

'Great for serious tennis players, this super-comfy lightweight skort with a wide waistband has loads of stretch in it and wicks moisture away well, thanks to its ENDODry properties. It's quite short though (it just covered my bottom and no more!), and I found myself pulling down the hem at times in case I was exposing too much flesh. It doesn't have a ball pocket, but comes in club-friendly white plus more funky colours.'



LOOK ★★★★★
PERFORMANCE ★★★★★

ASICS SAMANTHA STOSUR ATHLETE SKORT £35; asics.co.uk

'You may have spotted this one at Wimbledon this year. It boasts a super-lightweight, really stretchy fabric plus has subtle ruched detailing on each front hip and a cute back – a small pink dot on each pleat, and an asymmetrical skirt flap that makes the skirt slightly shorter at the back so you can see the shorts, which are quite long, so you still have good coverage. A nice twist on a classic.'



LOOK ★★★★★
PERFORMANCE ★★★★★

LORNA JANE STEP IT UP SKORT £48; activeinstyle.co.uk

'This one seems best for outdoor sports as the fabric is quite thick and not as lightweight as the others. You can stretch, run and lunge without the skort riding up and I love the fun contrast of the black and pink and the cute pleated ruffle on the back – but this skort is quite short. The stretchy fabric is moisture-wicking and breathable and there's a little back zip pocket and a drawcord at the waist.'



LOOK ★★★★★
PERFORMANCE ★★★★★

LIJA SCORE BASELINE PRINT SKORT £69; net-a-porter.com

'I've fallen in love with this one! It's really striking with its mountain images, is super comfy and very flattering – it falls to mid thigh, so I don't feel self-conscious in it. The undershorts are a good length too, but rode up when I played tennis. It's moisture-wicking, quick drying and has four-way stretch, plus a hidden key pocket in the front of the super-comfy, wide waistband. Don't just keep it for the court!'



LOOK ★★★★★
PERFORMANCE ★★★★★



'Eating clean and getting fit helped me beat my autoimmune disorder'

After 20 years of doctors' visits, Hanna Sillitoe, 35, took matters into her own hands and changed her life for good

'From about the age of 15, I suffered really badly from psoriasis and eczema. It affected me in every way. I used to cover myself in cream because my skin was so painful and I'd wake up about 20

times a night. I remember once getting a flight and a woman at the checkout desk incorrectly told me that I couldn't fly because my psoriasis was contagious in front of a queue of people. I was on an endless cycle of steroid cream, which offered temporary remission, but then the problem simply came back worse – my skin was just red raw. The next step was the same medication that's prescribed for chemotherapy patients, to suppress my immune system.'

FINDING A TONIC

'Last year, my skin was at its worst. The endless cycle of strong medication and temporary "remission" just aggravated the condition and was physically and mentally exhausting. A self-confessed carb junkie with a penchant for pizza and wine, I decided to do my research and looked at the possibility of overhauling my diet to see what impact it might have. I read that juice guru, Jason Vale, managed his psoriasis with a healthy diet and juicing and, even though doctors insisted it wouldn't make a difference, I decided to give it a go.'

MAKING THE CHANGE

'For the first seven days, I just drank juice. My skin was so sore; I didn't feel like eating. I started taking supplements known to be good for the skin, researching alkaline diets and using coconut oil. My skin was still bad, but I'd read online that when you start detoxing it might get worse. On day 12, it looked better, but I didn't want to get my hopes up. After 30 days, I went out in short sleeves for the first time in years! In the year that followed, I cut out sugar, alcohol, wheat and dairy. It's not worth eating, because I know what it does to me. I also upped my fitness by going to the gym and daily training. I now do triathlons, boxing, fell running and weightlifting – I barely sit still!'

FEELING BETTER

'As well as helping my skin, I also feel like a completely different person – I'm so much more confident. I started tweeting about my experience and had people follow me online to ask me what changes I was making. I then started blogging and put together a guide with recipes, vitamins and juices. People have told me their skin complaints have gone or dramatically improved. One girl found me on Twitter because her skin was really bad and now it's clear. It's definitely been the most rewarding part of the process.'



Beyond Fit

Head to beyondfit.co.uk for more details on Hanna's story, plus recipes, juice ideas and advice for similar conditions.

WIN!

ENTRY TO SURE RUN TO THE BEAT, PLUS RUNNING GOODIES, WORTH OVER £250!

Taking place on Sunday, September 13, Sure Run to the Beat is back for 2015 and is gearing up for its best year yet. Billed as London's only music 10k, the event is a celebration of running, fitness and music. Its festival vibes and incredible atmosphere make it a race to remember.

The unique event starts and finishes at Wembley Park, home to one of London's most iconic sporting venues, with music positioned throughout the route to keep runners motivated as they pound the city's pavements.

We've teamed up with the guys at Sure Run to the Beat to offer you an awesome prize bundle with goodies from its amazing partners. The prize consists of two entries to the event, plus a year's supply of Sure deodorant, a TomTom GPS Runner watch, a pair of running shoes from Brooks, Popchips and a gift box from Erdinger Alkoholfrei, worth a total of more than £250!

FOR YOUR CHANCE TO WIN, email your details to competitions@iris-uk.com with 'SURE RUN TO THE BEAT' in the subject title, by **August 25, 2015**, when one winner will be selected at random.



WIN!

ONE OF THREE PAIRS OF MERRELL SHOES

Leading outdoor footwear expert Merrell (merrell.com) has this summer launched the AllOut Sieve, a multi-purpose hydro trekking model that combines the comfort of a sandal with the stability of a shoe. It's the perfect adventure travel companion and makes light work of whatever outdoor activities you have planned this summer.

Lightweight, agile and supportive, the new design features a nubuck leather and fabric upper with plenty of ventilation and ample side support, while fit is easily adjustable via a toggle-controlled shock-cord lacing system that runs along the top of the foot. Feet are locked into place to take on any terrain via a hydrophobic neoprene stretch collar, which helps prevent chafing when feet get wet or sweaty and is easy to get your feet in and out of.

Merrell is giving three readers the chance to win a pair of AllOut

Sieves, worth £85, so you keep your feet protected, fresh and supported on your summer hikes.

FOR YOUR CHANCE TO WIN, email your details to competitions@iris-uk.com with 'MERRELL' in the subject title, by **August 25, 2015**, when one winner will be selected at random.



WIN!

AN ANTIPODES BUNDLE
WORTH £227

New Zealanders are lucky to have an abundance of natural ingredients and superfoods at their fingertips, and Antipodean beauty and skincare has never been better. We've got a bundle from one of New Zealand's hottest beauty and skincare exports, Antipodes (antipodesnature.com), for one lucky reader. Using the best plant ingredients, its organic, scientifically formulated approach comes together for some serious skincare – there's a reason why the brand has a legion of celebrity fans, including Cara Delevingne, who uses Antipodes Avocado Pear Nourishing Night Cream (£33.99 for 60ml).

ONE READER WILL RECEIVE:

- Immortal SPF15 Natural Sun Protection Face & Body Moisturiser
- Avocado Pear Nourishing Night Cream
- Apostle Skin-Brightening & Tone-Correcting Serum

- Joyous Protein-Rich Night Replenish Serum
- Joyful Hand & Body Cream
- Hallelujah Lime & Patchouli Cleanser
- Saviour Skin Balm

FOR YOUR CHANCE TO WIN, email your details to competitions@iris-uk.com with 'ANTIPODES' in the subject title, by **August 25, 2015**, when one winner will be selected at random.



25% OFF

MYCHELLE DERMACEUTICALS
BEAUTY PRODUCTS

Founded in 2000, MyChelle Dermaceuticals is now the number one facial skincare brand in the USA, according to recent sales analysis. Based on the belief that beauty is much more than skin deep, MyChelle is a true pioneer in advanced, innovative skincare and its comprehensive range of scientifically and clinically proven products delivers fast, effective and visible results for all skin types – naturally! Products include Fruit Enzyme Cleanser with fruit AHAs (£8.50 for 60ml), and Pumpkin Renew Cream with shea butter (£21 for 35ml). MyChelle Dermaceuticals offers personalised free VISIA skin analysis consultations in over 30 stores across the UK, including Whole Foods so, if you're not sure of your skin type, make sure you try the VISIA scan before redeeming this fabulous offer!

TO CLAIM YOUR DISCOUNT, head to mychelleuk.com and enter 'H&F' at the checkout. This offer is valid from **July 22 to August 25, 2015**.

Health
& Fitness

Health & Fitness is produced for Dennis Publishing Ltd by Iris Publishing Ltd, Marble Arch Tower, 10th floor, 55 Bryanston Street, London, W1H 7AJ
healthandfitnessonline.co.uk

Subscriptions prices: UK £29.99, Europe £55, Rest of the World £98
Subscriptions enquiries: 0844 499 1763; Overseas: +44 1795 592895

Email: healthandfitness@servicehelpline.co.uk

Online subscriber service: Change your address, renew your subscription or report problems at subsinfo.co.uk

EDITORIAL

EDITOR MARY COMBER, marycomber@iris-uk.com

ART DIRECTOR LUCY PINTO, lucypinto@iris-uk.com

CHIEF SUB-EDITOR EMMA LEWIS, subs@iris-uk.com

FITNESS EDITOR SARAH IVORY, ivorysmedia@gmail.com

FEATURES WRITER BECKY FLETCHER, beckyfletcher@iris-uk.com

ADDITIONAL SUB-EDITING EVE BOGGENPOEL, subs@iris-uk.com

INTERN, ELLIE GEORGE, intern@iris-uk.com

PUBLISHER NICOLA BATES

GROUP PUBLISHER RUSSELL BLACKMAN

GROUP MANAGING DIRECTOR IAN WESTWOOD

ADVERTISING

ADVERTISING DIRECTOR RICK ASIYANI

rick_asiyani@dennis.co.uk, 020 7907 6713

GROUP ADVERTISING MANAGER NIN VIRDI

nin_virdi@dennis.co.uk, 020 7907 6581

SENIOR SALES EXECUTIVE SARA SHAH

Sara_shah@dennis.co.uk, 020 7907 6707

MEDIA SALES EXECUTIVE EMILY QUINN

Emily_quinn@dennis.co.uk, 020 7907 6708

MANAGING DIRECTOR OF ADVERTISING

JULIAN LLOYD-EVANS, 020 7907 6608

REGIONAL ADVERTISING SALES The Media Consultants Ltd, 01423 569553

MARKETING

MARKETING COORDINATOR JAMES YOUNG, 020 7907 6424

PARTNERSHIPS & MOBILE MANAGER SOPHIE GEORGE, 020 7907 6858

NETWORK PRODUCTION MANAGER KERRY LAMBIRD, 020 7907 6177

SENIOR PRODUCTION EXECUTIVE MIKE HILLS, 020 7907 6116

NEWSTRADE DIRECTOR DAVID BARKER, 020 7907 6489

NEWSTRADE MANAGER JAMES MANGAN, 020 7429 4058

COMMERCIAL DIRECTOR DMS ANTHONY WHITE, 020 7907 6472

SENIOR SYNDICATION MANAGER ANJ DOSAJ-HALAI, 020 7907 6132

LICENSING MANAGER CARLOTTA SERANTONI, 020 7907 6550

LIFESTYLE MARKETING MANAGER SAMANTHA PASHLEY, 020 7907 6541

SENIOR MANAGEMENT

CHIEF OPERATING OFFICER BRETT REYNOLDS

CHIEF FINANCIAL OFFICER IAN LEGGETT

CHIEF EXECUTIVE OFFICER JAMES TYE

COMPANY FOUNDER FELIX DENNIS

NEXT ISSUE ON SALE JULY 29, 2015

Dennis Publishing Ltd, 30 Cleveland Street, London W1T 4JD
Tel: 020 7907 6000 Fax: 020 7907 6516

Printed in the UK by Polestar on behalf of Dennis Publishing Ltd.
Distribution by Seymour Distribution Ltd, 2 East Poultry Avenue, London EC1A 9PT.
Tel: 020 7429 4000

The health and fitness information presented in this magazine is intended as an educational resource and is not intended as a substitute for medical advice. Consult your doctor before performing any of the exercises in this book or any other exercise programme, particularly if you are pregnant, elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or discomfort and consult a medical expert. Neither the author of the information nor the producer nor distributors make any warranty of any kind in regard to the content of the information presented in this magazine.

Health & Fitness, copyright 2011 by Dennis Publishing Ltd. All rights reserved. Health & Fitness is a trademark and may not be used or reproduced in the UK or Republic of Ireland without the permission of Dennis Publishing Ltd. Health & Fitness is published in the UK and Republic of Ireland by Dennis Publishing Ltd and is sold subject to the following terms: namely that it shall not without the written consent of the Publishers first given be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover and that it shall not be lent, resold or hired out in a mutilated condition or in any unauthorised cover by way of Trade or affixed to or as part of any publication or advertising, literary or pictorial material whatsoever.

FOR ALL LICENSING & SYNDICATION QUERIES, PLEASE CONTACT
NICOLE ADAMS nicole_adams@dennis.co.uk, +44 (0)20 7907 6134

© Copyright Dennis Publishing Limited. Health and Fitness is a trademark of Felix Dennis.

COMPETITION AND PRIZE DRAW RULES:

On completing and submitting this competition, you will automatically be entered into a draw for one of these prizes. No correspondence will be entered into and the winners will be notified by post or email within 28 days of the closing date. The competition is not open to employees of Dennis Publishing or participating companies. No cash alternative will be offered. The prize (s) described are available at the date of publication. Events may occur that render the promotion or the awarding of the prize impossible due to reasons beyond Dennis Publishing's (publisher of the relevant magazine) control, which may at its discretion vary or amend the promotion and the reader agrees that no liability shall be attached to Dennis Publishing as a result thereof. Proof of emailing will not be accepted as proof of delivery and no responsibility can be accepted for entries lost, delayed, mislaid or for any technical failure or for any event which may cause the competition to be disrupted or corrupted. In order to determine an outright winner or winners to a competition, the Editor reserves the right to request entrants to take part in an eliminating contest (or 'tie breaker'). Where for any reason there are more winners than prizes on offer, the Editor reserves the right to conduct a simple draw to determine the winner or winners of the prizes. Unless otherwise stated, entry to all competitions is restricted to entrants of 18 years of age or over. Names of winners will be available on receipt of a request enclosing a stamped self-addressed envelope to: Competitions Manager, Dennis Publishing, 30 Cleveland St, London W1T 4JD. If the winner of a competition is unable to take up a prize for any reason, the Editor reserves the right to award it to an alternative winner, in which case the first winner chosen will not be eligible for any share of the prize whatsoever. The Editor's decision is final and it is a condition of entry to any competition that the entrant agrees to be bound by these rules whether they be published or not, and that the decisions of the Editor and judges on any matter whatsoever arising out of or connected with the competition are final. No purchase of the magazine is necessary and no more than one entry per household. Competitions open to UK residents only, unless otherwise stated.

The text paper in this magazine is totally chlorine free. The paper manufacturer has been independently certified in accordance with the rules of the Forest Stewardship Council.



Train in Holistic Therapies - the 21st century way!

School Of Natural
Health Sciences

The School of Natural Sciences (SNHS Ltd), provides
'Practitioner Level Training' in most popular holistic therapies

About us

SNHS is one of the fastest growing Distance-Learning Schools in this field. Since our inauguration in 1997, our friendly, professional team have trained thousands of people in over 40 different 'natural' health subjects.

For more information, visit: www.naturalhealthcourses.com/home.htm

Courses to suit your lifestyle

This is adult learning, so there are no fixed time limits for completion, no fighting traffic to get to your course, no rushing to classes or working to tight deadlines. In fact, this is the perfect 21st-century solution for busy and pressurised people.

Choice of subjects to train in

At SNHS, you will receive top class training to practitioner level in the following course subjects:

- Nutrition • Herbalism • Kinesiology • Indian Head Massage • Acupressure
- Allergy Testing • Sports Nutrition • Reflexology • Iridology • Homeopathy
- Flower Remedies • Relaxation Therapy • Aromatherapy • Dream Therapy
- Hypnotherapy • Meridian Psychotherapy • Crystal Healing • Reiki Theory
- Diabetic Risk Assessment • Past Life Therapy • Holistic Pain Management
- Hopi Ear Candling • Indian Face Massage • Hot Stone Therapy
- (NLP) Neuro Linguistic Programming • Stop Smoking • Colour Therapy • CBT
- Holistic Massage Therapy • Holistic Dowsing • Life Coaching • and more

Our school also provides counselling courses in Stress Management, Drug and Alcohol Counselling and Psychotherapy and Counselling. What's more, students may study Anatomy & Physiology and Business and Marketing too.

Course Descriptions and Fees Page:

www.naturalhealthcourses.com/courses.htm

Special Offers:

www.naturalhealthcourses.com/specialoffers.htm

Accreditation and Practitioner Insurance

Our accreditation is with the International College of Holistic Medicine. (ICHM)

All our courses are insurable through leading insurance providers.

Please visit our accreditation page:

<http://www.naturalhealthcourses.com/accreditation.htm>

Contact us...

Website: www.naturalhealthcourses.com/home.htm

Telephone:

Direct Line

0871 717 4287 (Monday - Friday)

0207 413 9577 (24 hour answer phone)

Email:

Principal Julia Vaughan-Griffiths:

julia@naturalhealthcourses.com

Address:

The School of Natural Health Sciences (SNHS Ltd),

Suite 10, 2 Lansdown Row, Berkeley Square, London W1X 8HL

STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

For more information, visit:

www.therapynetworkonline.co.uk



Begin training for your secure future
in holistic therapies - today!

2015 our 18th Birthday, lots of very
Special Offers for you to celebrate this milestone.
www.naturalhealthcourses.com/specialoffers.htm



RUN the WILD

RUN THE WILD - PASSIONATE ABOUT RUNNING ADVENTURES IN THE UK AND THE ALPS.

The UK's premier running holiday company. A professionally led running team, comprised of experienced lead runners, planned routes, full logistic support for you and your kit as well as food and accommodation.

Are you ready for the challenge?

We will be with you every step of the way.

Exploring places ... not running races

RUNTHEWILD.CO.UK



BOXERCISE®

THE ONLY RECOGNISED BOXERCISE TEACHING QUALIFICATION IN THE WORLD

Call **0844 7706 333** or visit us online

WWW.BOXERCISE.CO.UK

THE WORLD'S NO.1 IN BOXING FITNESS TRAINING

Start an exciting new career or develop your interest

BSY can help you • Courses from the UK's No.1 Complementary Therapy home-study college • Established 1946

- Recognised courses • Friendly professional tutors
- Home study • Practical training

Over 300 courses in:

- ✓ Counselling & Stress Management
- ✓ Aromatherapy & Massage
- ✓ Reflexology
- ✓ Yoga & Pilates
- ✓ Nutrition
- ✓ Foot care
- ✓ Sports & Fitness
- ✓ Beauty Therapies
- ✓ Indian Head Massage
- ✓ Life Coaching & NLP

Plus many more Complementary Therapy and Mind, Body & Spirit courses

Call today for advice and a free prospectus
FREEPHONE 0800 731 9271 or 01409 220 400
 Or email: info@bsygroup.co.uk www.bsygroup.co.uk

BSY ESTABLISHED 1946
 Courses to change your life

**TO ADVERTISE
 IN
 HEALTH & FITNESS
 PLEASE CALL
 0207 907 6707**

THE ORIGINAL

Shreddies

FLATULENCE FILTERING UNDERWEAR



www.myshreddies.com

Big Juice

UK's first raw juice delivery company. Passionate about natural health & nutrition.

Made to order, instantly frozen to lock in goodness & delivered.

100% raw, pure & unpasteurised.

specialists in raw food juicing **15% discount for H&F readers - enter 'HFB-bigjuice'**

Nutri-Rich Juice Plan
 5 raw juices per day
 Choose from a 3, 5 or 7 day plan

Green Detox & Cleanse Plan
 5 raw juices per day
 Choose from a 3 or 5 day plan

Full Menu: Juices & Smoothies
 Select from our full menu including fruit blends, veg juices and nut mylks (dairy free).

Juice Therapy Shots
 30ml shots of pure juice. Each known for their unique health properties. Simply down in one.

Wheatgrass
 Buy fresh cut in bags, ready for juicing or frozen shots of pure wheatgrass juice.

Order online: www.bigjuiceltd.com or phone: **0117 9244841**

November 4th Midweek Bargain Breaks from £234pp Full Board

The Manor House & Ashbury Hotels

Set in the foothills of Dartmoor, Devon, the Manor House & Ashbury hotels offer the unique combination of activity and relaxation breaks - All on a **FULL BOARD** basis.

Offering up to **70 SPORT, CRAFT AND LEISURE ACTIVITIES** including:
 Golf on 7x18 hole course options
 Tennis on 6 Indoor and 5 Outdoor Courts
 17 Tutored Crafts including Pottery*
 *Minimal Material Costs Apply

PLUS 15 Dance & Exercise Classes including Zumba, Tai Chi and Bollywood Dancing.

A choice of **20+ Health & Beauty Treatments** for only **£32 per hour or less**, including Massages, Manicures and Facials.

Our state of the art **HYDRO SPA** featuring Saunas, Steam Rooms, Hydro Pool, Spa Baths and more is available to use for **FREE!**

0800 118 2658 activityhotelbreaks.co.uk

WWW.BODYTOXING.COM

Pure 100% Natural Certified Organic Aloe Vera Juice

Special
Launch
Price
£12.95



Buy Yours now at bodytoxing.com or stores near you.
For trade enquires Contact info@bodytoxing.com
or call 01582 730660

Pure Aloe Vera gel from
Inner fillet of Organic
Aloe Barbadensis.

SUGAR BALANCE



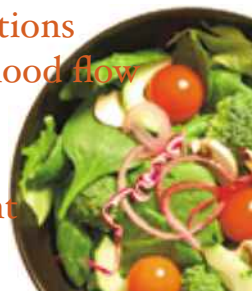
SUPER POWER JUICE FOR DIABETES

SUGAR BALANCE JUICE

Body Toxing launch a super powerful juice to control blood sugar levels in diabetes. The power of all combined ingredients from natural mature organic fruits and leaves, will help in balancing sugar levels for people with diabetes and help prevent the onset of type 2 diabetes in healthy people.

100% Natural Pure with no additives, no artificial colors and no added sugars.

- Helps to maintain normal blood pressure.
- Promotes Digestion
- Acts as a blood purifier
- Strengthens Hair roots and enriches hair.
- Regulates blood sugar levels for diabetics.
- Detoxing and cleaning the liver and kidneys.
- Anti Aging benefits
- Fights infections
- Regulates blood flow
- Helps to maintain a healthy weight



ADRENALINE RUSH

GET YOUR RUSH ON

⚡ www.theadrenalinrush.com

25th July
Glasgow
Pollok Park

1st Aug
Manchester
Heaton Park

15th Aug
Bristol
Blaise Castle

3rd Oct
Dorney Lake,
Eton

17th Oct
Harewood House
Leeds

15%
DISCOUNT CODE
AR15

SOCIAL CLIMBERS WELCOME

ISN'T IT TIME YOU
GOT YOUR RUSH ON?

www.theadrenalinrush.com

FRSH
give with confidence

Powered by
**WE ARE
MACMILLAN.**
CANCER SUPPORT

Macmillan Cancer Support is registered as a charity with the Charity Commission (registered charity number 261017) and as a company limited by guarantee with the Register of Companies (registered company number 240969)

BIKE MAINTENANCE WE'VE GOT IT COVERED



**dirt
wash**

weldtite
puncture
repair

CYCLO
TOOLS



WELDTITE WE ARE BIKE MAINTENANCE

weldtite.co.uk • weldtite.co.uk/youtube • weldtite.co.uk/twitter • weldtite.co.uk/facebook



DON'T HIDE.

shytobuy[®].com
because you are not alone



0207 084 7595

Mon-Fri 8am to 9pm | Sat-Sun 9am to 6pm



NO TIME? NO WORRIES.

Your Contraceptive available online

Our service at HealthExpress is tailored to suit your lifestyle so you can get your contraceptive conveniently delivered to your door.

Complete a **FREE** online consultation and choose from over 20 branded contraceptive options.



No appointment needed



Free prescription



Free next day delivery

healthexpress.co.uk[®]



020 7084 7594

MANAGE YOUR WEIGHT THE HEALTHY WHEY!

Used in conjunction with your fitness regime, our Weight Management Pack is perfect for helping you to achieve a lean, toned physique!



**ONLY
£60!**
**SAVE £78.48
OFF RRP**

Our Weight Management Pack contains:

1 Lean Whey + Meal Replacement, 1 Elite Hydrate, 1 Egg & Casein OR Elite Protein,
1 Impact Workout, 1 of each flavoured bar and 1 Water Bottle!

Available instore or online.

**DN DIRECT
NUTRITION**

WWW.DIRECTNUTRITION.CO.UK

See our website or
scan this QR Code
for more details!



f /DIRECTNUTRITIONUK t /DIRECTNUTRIT1ON

How often do you work out and what sort of things do you do?

'At the moment, I'm training five days a week, with two-to-three-hour sessions. My training is gymnastics specific, so it's a lot of resistance-based drills and exercises to condition my body. Then I focus on drills and routines on the individual apparatus.'

Gymnastics is incredibly demanding as a discipline. Have you found other workouts which are as challenging?

'I don't think I've found anything exactly as demanding as gymnastics training, given the complexity of what we have to do. However, last year I was doing quite a lot of Tabata training as I was bringing my weight back down to competition level. It's high-intensity interval training and, even though it's only 20 minutes, it's tough!'

Are there any workouts that you avoid?

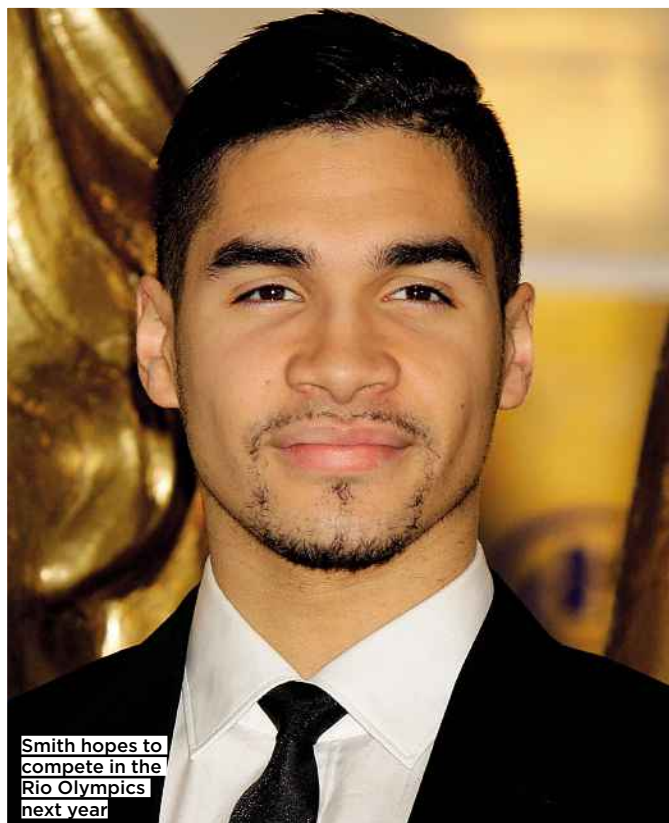
'I've always loved gymnastics due to the variety. There are so many things to do and skills to try. As a kid with a short attention span, it kept me engaged. I still hate anything that's just monotonous and takes a long time, such as long-distance running. I appreciate the benefits, but it's definitely not for me.'

You quit competing post-Olympics, then came back last year (winning an England team gold medal at the Commonwealth Games). Getting in shape again must have been tough?

'It was hard – gymnastics isn't a sport you can leave, then pick up again, without a serious impact on your body, especially as you get older. It's so important to keep your body supple. I've always been focused and motivated. I set my goals based on my belief in my ability, make sure I'm enjoying myself and take one day at a time.'

How are you feeling about your chances of competing in Rio 2016?

'I'm feeling good. I know I'm capable of competing with and beating the best pommel horse workers in the world and



Smith hopes to compete in the Rio Olympics next year

WE'RE TALKING TO...

Louis Smith MBE

The Olympic silver medal-winning gymnast and *Strictly Come Dancing* champion, 26, chats to H&F about his gymnastic comeback

still consider myself to be one of them. I can only control what I do, so I'll keep working hard towards that goal and we'll see where that gets me.'

There's a lot of buzz around your #pressupchallenge on Twitter. How do you do a good press-up?

'Keep your body form throughout. Everything should be tight with your abs engaged and your bum clenched. Maintain a straight body, hands shoulder-width apart, keep a steady motion and make sure your nose touches the floor. No cheating!'

What's your diet like?

'I usually have porridge and fruit in the morning. Lunch is brown pasta with salmon and salad, then either salmon or chicken with vegetables for dinner. I stay away from

carbs in the evening. It's about everything in moderation and it's important to treat yourself now and again. A balanced diet is key but don't drive yourself mad with it. I love a good cheese board or chocolate, but I don't have to go through a whole box of chocolates.'

Your girlfriend, Lucy Mecklenburgh is fit and healthy, too. Has she influenced the way you work out?

'What we focus on is completely different, but I've got so much respect for what she does and the effort she puts in with her training. We never really train together, but as she did the BBC show, *Tumble*, she's done some gymnastics training so I've shown her a few exercises I do.'

How do you find being in the public eye?

'When I got into gymnastics, aged four, I obviously never thought I'd be famous, so I just enjoy everything that my position brings me and embrace it. If I can use my status to inspire others to achieve the same and more then it's a good thing.'

What's in store for the rest of 2015?

'My focus now is on the World Champs in Glasgow in October – I hope to make the team. The event acts as a qualifier for the Rio Olympics. My gymnastics academies are also launching this summer – find the dates and venues at activatesport.co.uk.'

With partner Lucy Meck



Lewis loves rice sticks

SNACK BETTER

Olympic Gymnast and *Strictly Come Dancing* Champion, Louis Smith MBE, is showing his support for the launch of Yushoi Snapea Rice Sticks, a brand new snack that is better for you and provides a tasty alternative to fried crisps. Available online from yushoi.co.uk.

**FOR DRY
EYES**

Are you suffering from **sore, gritty** or **burning dry eyes?**

Hyabak delivers rapid and long lasting relief for busy lives...

- Helps combat tired, dry eyes caused by features of modern life - computer and smartphone use, air conditioning, driving, contact lens wear, pollution, etc.
- **Preservative free** and suitable for use with all types of contact lenses
- Use for up to **3 months** after opening



**AVAILABLE
IN LARGER
BOOTS
STORES
NOW**



Thea Pharmaceuticals
Driving Innovation, Education and Professionalism

Thea Pharmaceuticals Limited • MED IC3 • Keele University Science & Business Park • Keele • Newcastle Under Lyme • ST5 5NP

Head Office: **0845 521 1290** • Medical Information: **0870 192 3283** • E-Mail: theasupport@theapharma.co.uk • www.thea-pharmaceuticals.co.uk

TAKE YOUR HAIR TO PARADISE

